



# NACS NEWS

Volume 25 Issue 8  
August 2024

**Native American  
Community Services**

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# Table of Contents

National Wellness Month	Page 3
National Immunization Month	Page 4
CDC Recommends Updated 2024-2025 COVID-19	Page 6
Indigenous Health & Well Being Program Update	Page 8
NACS Clubhouse Corner	Page 9
U.S. Supreme Court Ruling effect on Native homeless	Page 11
Native Professional Network	Page 12
Upcoming NACS Golf Tourna- ment	Page 13
Welcome New Employee	Page 14
CAFFA Meat Raffle Announce- ment	Page 15
Employment Opportunities	Page 16

**CHANGE OF  
ADDRESS?**

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

## August is National Wellness Month

*Submitted by George T. Ghosen*

In August, we celebrate National Wellness Month, prioritizing your self-care, managing stress, and promoting healthy routines. Create wholesome habits in your lifestyle and focus on self-care to feel like your best self!

We can often put our health and wellness on the back burner due to work deadlines, traffic, family obligations and other stressors. Research has shown self-care helps manage stress and promotes happiness. For a happy and healthy life, it is important to focus on wellness and self-care. National Wellness Month was born out of the idea that if we are going to do big things in the world - build our careers, raise a family, further our education, create new ideas, and nurture our bodies - we need to take care of ourselves.

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

National Wellness Month was created by [Live Love Spa](#), a place to discover new wellness products. This holiday was created to inspire others to focus on wellness and take time for self-care. To celebrate National Wellness Month, take the "I choose wellness" pledge to make small daily acts of self-care a priority or join the [31 day Wellness Month challenge](#).

### History of National Wellness Month

The concept of self-care has a long and varied place in human history amongst different cultures and

time periods. Ancient philosophers like Socrates and Plato emphasized the importance of self-care and self-reflection as part of a virtuous life. Taoist principles also promoted self-care through practices such as meditation, breathing exercises, and herbal medicine. The 19th and 20th centuries also saw the emergence of movements focused on mental health and self-care. Many of these practices have been successful in creating a healthy mind and body for many generations and have carried over into modern day ideas of self-care.

Today, the concept of self-care encompasses various practices aimed at holistic well-being, including physical exercise, healthy eating, mindfulness, stress reduction techniques, and more. Self-care and wellness is a personal and subjective concept but the underlying idea of taking deliberate actions to care for oneself physically, mentally, and emotionally remains central.

In 2018, Live Love Spa dedicated August as National Wellness Month to celebrate and inspire others to commit to their self-care. National Wellness Month encourages people to prioritize self-care by taking a pledge to habits of wellness, joining the 31-day Wellness Month challenge calendar and encouraging others to do the same socially. National Wellness Month encourages people to prioritize their self-care through taking a pledge to commit to healthy habits, joining the 31-day Wellness Month Challenge, and

encouraging others to socially do the same.

### 5 Habits For Self-Care

#### 1. Drinking lots of water

The smallest act of self-care that can make a great impact is drinking lots of water every day. Stay hydrated and your body will feel better.

#### 2. Get your sleep

Lack of sleep can lead to a decline in mental and physical health, commit to getting a full 8 hours of sleep every night as part of self-care.

#### 3. Exercise

Just 30 minutes of walking every day can help boost your mood and improve your health. Commit to exercising every day for better wellness.

#### 4. Try a relaxing activity

Activities like yoga, hiking, reading books, listening to music or painting can improve your mood and are a great commitment to improving your health and wellness.

#### 5. Practice gratitude and positivity

You are what you think. Take time to practice gratitude and positivity when reflecting on life.

Additionally, you can:

- ♥ Add more fruits and veggies to your meals.
- ♥ Learn to meditate.

These small steps can lead to many more healthy habits in your lifestyle.

### How To Observe #WellnessMonth #Wellfie

Proclaim "I choose wellness" with a photo and post on social media.

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Every August, let's amplify the message of healthy living, celebrate those providing amazing self-care solutions, and inspire others to create new healthy habits.

Visit [www.wellnessmonth.com](http://www.wellnessmonth.com) for a calendar of daily challenges for small ways you can choose to be well each day. Because we believe that small, daily acts of self-care lead to a lifetime of wellness.

For more ways to add wellness to your daily life follow National Wellness Month:

#wellnessmonth #wellfie

#ichoosewellness

[www.instagram.com/wellness\\_month](https://www.instagram.com/wellness_month)

[www.facebook.com/wellnessmonth](https://www.facebook.com/wellnessmonth)

Twitter: [@wellness\\_month](https://twitter.com/wellness_month)

[Pinterest.com/wellnessmonth](https://Pinterest.com/wellnessmonth)

### National Wellness Institute

Visit NWI for Available Resources & Tools: [Wellness Resources & Tools](#)

### Why We Love National Wellness Month

**A.** *It reminds us to care for ourselves*

Often we get carried away with the hustle and bustle of life and work, forgetting to take care of ourselves. National Wellness Month is a reminder to take care of physical and mental wellbeing. Let's prioritize our health!

**B.** *It empowers us to achieve more*  
National Wellness Month was born out of the idea that when you feel better you can

achieve more, if we are going to do big things in the world - build our careers, raise a family, further our education, create new ideas, and nurture our bodies - we need to take care of ourselves. Feel good, do good!

**C.** *Special offers at spas and wellness companies!*

Discover new ways to care for yourself with special offers from spas and wellness companies to try something new!

### Resources:

- ♥ [National Today](#)
- ♥ [National Day Calendar](#)
- ♥ [Live Love Spa](#)

## National Immunization Month

*Submitted by George T. Ghosen, Editor*

When was the last time you checked to see if your immune system is up to date? This August, National Immunization Awareness Month raises awareness and encourages everyone to make sure they are current on the necessary vaccinations for potentially harmful diseases. Many diseases can be easily prevented by administering vaccines, and thus, protecting you from unseen viruses. Take the necessary precautions with a simple call to your doctor, and avoid potential harm while leading a healthy, happy life.

### National Immunization Awareness Month Timeline

**1797** - The vaccine makes its debut  
Edward Jenner develops and documents the first vaccine for smallpox. It's the first vaccine ever developed in history.

**April 12, 1955** - Polio loses its punch

Jonas Salk introduces the Salk vaccine, or inactivated poliovirus vaccine, to the world. With two doses of the vaccine, 90% or more of individuals develop protective antibody to all three serotypes of polio, and at least 99% are immune to polio following three doses.

**1958** - Measles Meets its Match

In 1958, there were 763,094 cases of measles in the United States. In 2008, there were 64 suspected cases of measles thanks to immunization from vaccines.

**1995** - We Finally Have A Chickenpox vaccine

Prior to the introduction of the vaccine in 1995, there were around 4 million cases per year in the United States. Ten years after the vaccine was recommended in the US, the CDC reported as much as a 90% drop in chickenpox cases. One dose of

the vaccine prevents 95% of moderate disease and 100% of severe disease.

### How To Observe National Immunization Awareness Month

#### 1. Call your doctor

The only way to be absolutely certain about what vaccinations you've received is to gather your medical records. Contact your doctor and request your immunization records to determine whether or not you are up to date.

#### 2. Encourage friends to do the same

Just because you feel healthy doesn't mean you don't need to be vaccinated. Unlike most medicines, which treat or cure diseases, vaccines prevent them. When you check your immunization records, encourage

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friends to do the same, and you can all make sure you are up to date.

### 3. *Know your family history*

A family medical history can reveal the history of disease in your family and help a doctor identify patterns that might be relevant to your own health. This will allow the doctor to be best informed about recommending vaccines for immunization.

## 5 Amazing Facts About Vaccines

### 1. *Scientists got lucky*

Though scientists didn't yet understand what the smallpox virus was, it was widely believed that cowpox could be used to immunize against it. British scientist Edward Jenner's research confirmed this and allowed him to develop the first smallpox vaccine in 1796 - an entire century before the virus was first officially discovered.

### 2. *One man developed over 40 vaccines*

For Maurice Hilleman, that includes more than half of the 14 routinely recommended childhood immunizations in the U.S., including vaccines against measles, mumps, and meningococcal disease.

### 3. *Ancient Asian civilizations*

*inoculated people 1,000 years ago*  
India and China are believed to be the first civilizations to inoculate their children against smallpox using a process called variolation. The process requires a small incision into a person's arm and then rubbing infected material (ground scabs or pus) into the wound.

### 4. *Meningitis has nearly been eliminated*

Meningitis A is an infection that can cause severe brain damage and is often fatal. The introduc-

tion of the Meningitis A vaccine in Africa in 2010 has all but eliminated the disease.

### 5. *We are on the brink of a breakthrough*

Currently there has been a major push for clinical development of vaccines, and the first vaccine to protect children against malaria will be piloted in three African countries in 2018.

## Why National Immunization Awareness Month Is Important

### A. *Immunization protects our children*

Vaccination protects children from serious illness and complications of many diseases, including amputation of an arm or leg, paralysis of limbs, hearing loss, convulsions, brain damage, and death.

### B. *Immunization is safe*

Vaccination is safe and effective. All vaccines undergo long and careful review by scientists, doctors, and the federal government to make sure they are safe.

### C. *We owe it to everyone*

We all have a public health obligation to our communities to protect ourselves as well as others from potential health risks. By getting vaccinated, we eliminate diseases before they have a chance to spread.

## Why Childhood Immunizations Are Important

Childhood vaccines or immunizations can seem overwhelming when you are a new parent. Vaccine schedules recommended by agencies and organizations, such as the CDC, the American Academy of Pediatrics, and the American Academy of Family Physicians cover about 14 different diseases.

Vaccinations not only protect your child from deadly diseases, such as polio, tetanus, and diphtheria, but they also keep other children safe by eliminating or greatly decreasing dangerous diseases that used to spread from child to child.

A vaccine is a dead, or weakened version, or part of the germ that causes the disease in question. When children are exposed to a disease in vaccine form, their immune system, which is the body's germ-fighting machine, is able to build up antibodies that protect them from contracting the disease if and when they are exposed to the actual disease.

Over the years, vaccines have generated some controversy over safety, but no convincing evidence of harm has been found. And although children can have a reaction to any vaccine, the important thing to know is that the benefits of vaccinations far outweigh the possible side effects.

## Keeping Track Of Immunizations

Most of your child's vaccinations are completed between birth and 6 years. Many vaccines are given more than once, at different ages, and in combinations. This means that you'll need to keep a careful record of your child's shots. Although your doctor's office will also keep track, people change doctors, records get lost, and the person ultimately responsible for keeping track of your child's immunizations is you.

Ask your child's doctor for an immunization record form. Think about your child's record as you would a birth certificate and keep it with your other essential documents. You can also download an

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easy-to-read immunization schedule and record form at the CDC website.

Even though most parents and doctors do a good job of keeping up with immunizations, studies show that about one-fourth of preschool children are missing at least one routine vaccination. Most states will not let your child start school without a complete immunization record. Sometimes a vaccination is missed when a child is sick. No matter what the reason, it's important to make up missed immunizations.

If your child has missed an immunization, you don't have to go back and start over for most vaccines. The previous immunizations are still good. Your doctor will just resume the immunization schedule. If, for any reason, your child receives additional doses of a vaccine, this is also not a concern, although your child will still need any future doses according to the recommended schedule.

### How Many Shots Do Children Need?

Although vaccines are combined to reduce the number of shots needed, the list is still long.

Here is a common immunization schedule recommended by age 2:

- ♥ One vaccination for measles,

mumps, and rubella (MMR)

- ♥ Four vaccinations for *Haemophilus influenzae* (Hib), a common upper respiratory infection that can also cause meningitis
- ♥ Three to four polio vaccinations (IPV)
- ♥ Four vaccinations for diphtheria, tetanus, and pertussis (DPT)
- ♥ Three vaccinations for hepatitis B
- ♥ One vaccination for varicella (chickenpox) no earlier than age 12 months and only if your child does not develop chickenpox on his or her own (must be verified by a health care provider)
- ♥ Three vaccinations for rotavirus, a type of infection that causes severe diarrhea
- ♥ Four vaccinations for pneumococcal disease, a common cause of ear infections and pneumonia

From age 4 to 6, your child will need booster shots for DPT, IPV, MMR, and chickenpox. Children should also start receiving a yearly flu shot after age 6 months. A vaccination for hepatitis A is recommended for all children. This is a lot to keep track of and why you need an immunization records form.

### Final Tips On Immunizations

Keep this information in mind to

help your child's immunizations go more smoothly:

- ♥ Common side effects of immunizations include swelling at the site of the injection, soreness, and fever. Discuss these side effects with your doctor and ask what symptoms deserve an office call.
- ♥ Ask your doctor's office if it participates in an immunization registry. This is a source you can go to if your immunization records get lost.
- ♥ Ask your doctor's office if it has an immunization reminder or recall system. This type of system will call to remind you when immunizations are due and will warn you if an immunization has been missed.
- ♥ Always bring your immunizations record with you to all of your child's office visits and make sure the doctor signs and dates every immunization.

Vaccines are some of the safest and most effective medicines we have, and they have made many dangerous childhood diseases rare today.

See also: [Vaccines For Your Children](#)

### Resources:

- ♥ [National Today](#)
- ♥ [Stanford Medical: Children's Health](#)

## CDC Recommends Updated 2024-2025 COVID-19 and Flu Vaccines for Fall/Winter Virus Season

**Media Statement**, For Immediate Release: June 27, 2024

Contact: [Media Relations](#), (404) 639-3286

The CDC recommends the updated 2024-2025 COVID-19 vaccines and the updated 2024-2025 flu vaccines to protect against severe COVID-19 and flu this fall and winter.

It is safe to receive COVID-19 and flu vaccines at the same visit. Data continue to show the importance of vaccination to protect against severe outcomes of COVID-19 and flu, including hospitalization and death. In 2023,

more than 916,300 people were hospitalized due to COVID-19 and more than 75,500 people died from COVID-19. During the 2023-2024 flu season, more than 44,900 people are estimated to have died

*(Continued on page 7)*

from flu complications.

### Updated 2024-2025 COVID-19 Vaccine Recommendation

CDC recommends everyone ages 6 months and older receive an updated 2024-2025 COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 this fall and winter whether or not they have ever previously been vaccinated with a COVID-19 vaccine. Updated COVID-19 vaccines will be available from Moderna, Novavax, and Pfizer later this year. This recommendation will take effect as soon as the new vaccines are available.

The virus that causes COVID-19, SARS-CoV-2, is always changing and protection from COVID-19 vaccines declines over time. Receiving an updated 2024-2025 COVID-19 vaccine can restore and enhance protection against the virus variants currently responsible for most infections and hospitalizations in the United States. COVID-19 vaccination also reduces the chance of suffering the effects of Long COVID, which can develop during or following acute infection and last for an extended duration.

Last season, people who received a 2023-2024 COVID-19 vaccine saw greater protection against illness and hospitalization than those who did not receive a 2023-2024 vaccine. To date, hundreds of millions of people have safely received a COVID-19 vaccine under the most intense vaccine safety monitoring in United States history.

### Updated 2024-2025 Flu Vaccine Recommendation

CDC recommends everyone 6 months of age and older, with rare exceptions, receive an updated 2024-2025 flu vaccine to reduce the risk of influenza and its poten-

tially serious complications this fall and winter. CDC encourages providers to begin their influenza vaccination planning efforts now and to vaccinate patients as indicated once 2024-2025 influenza vaccines become available.

Most people need only one dose of the flu vaccine each season. While CDC recommends flu vaccination as long as influenza viruses are circulating, September and October remain the best times for most people to get vaccinated. Flu vaccination in July and August is not recommended for most people, but there are several considerations regarding vaccination during those months for specific groups:

- ♥ Pregnant people who are in their third trimester can get a flu vaccine in July or August to protect their babies from flu after birth, when they are too young to get vaccinated.
- ♥ Children who need two doses of the flu vaccine should get their first dose of vaccine as soon as it becomes available. The second dose should be given at least four weeks after the first.
- ♥ Vaccination in July or August can be considered for children who have health care visits during those months if there might not be another opportunity to vaccinate them.
- ♥ For adults (especially those 65 years old and older) and pregnant people in the first and second trimester, vaccination in July and August should be avoided unless it won't be possible to vaccinate in September or October.

Updated 2024-2025 flu vaccines will all be trivalent and will pro-

tect against an H1N1, H3N2 and a B/Victoria lineage virus. The composition of this season's vaccine compared to last has been updated with a new [influenza A\(H3N2\) virus](#).

For more information on updated COVID-19 vaccines visit: [Coronavirus Disease 2019 \(COVID-19\) | CDC](#). For more information on updated flu vaccines visit: [Seasonal Flu Vaccines | CDC](#).

**The following statement is attributable to CDC Director Dr. Mandy Cohen:**

“Our top recommendation for protecting yourself and your loved ones from respiratory illness is to get vaccinated,” said Mandy Cohen, M.D., M.P.H. “Make a plan now for you and your family to get both updated flu and COVID vaccines this fall, ahead of the respiratory virus season.”

###

### [U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES](#)

*Whether diseases start at home or abroad, are curable or preventable, chronic or acute, or from human activity or deliberate attack, CDC's world-leading experts protect lives and livelihoods, national security and the U.S. economy by providing timely, commonsense information, and rapidly identifying and responding to diseases, including outbreaks and illnesses. CDC drives science, public health research, and data innovation in communities across the country by investing in local initiatives to protect everyone's health.*

Last Reviewed: June 27, 2024

[Source: Centers for Disease Control and Prevention](#)

See also: [UCHealth - New COVID-19 vaccine](#)





**Native American  
Community Services**  
presents the



**INDIGENOUS HEALTH AND  
WELLBEING PROMOTION  
(IHAWP) PROGRAM**  
Monday August 05, 2024



ZOOM ID:  
813 6760 8476



6:30pm - 8:30pm

Please join us in launching NACS's new IHAWP program and  
Virtual Community Conversation series!

IHAWP PROGRAM ACTIVITIES WILL INCLUDE:

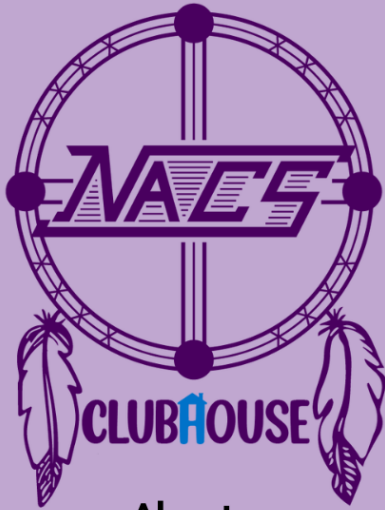
- IN-PERSON GATHERINGS
- SEMI-MONTHLY VIRTUAL PRESENTATIONS AND DISCUSSIONS
- SOCIAL DETERMINANTS OF HEALTH DISCUSSIONS
- TRADITIONAL TEACHINGS & ACTIVITIES
- NATIVE AMERICAN CULTURAL COMPETENCY TRAININGS
- INDIGENOUS PEER EDUCATION TRAININGS
- HEALTH SCREENINGS & REFERRAL COMMUNITY NETWORKING
- AND MORE!



FOR MORE INFO CONTACT SPECIAL INITIATIVES DIRECTOR PETE HILL AT [PHILL@NACSWNY.ORG](mailto:PHILL@NACSWNY.ORG)  
OR IHAWP PROGRAM COORDINATOR MADISON TIGHE AT [MTIGHE@NACSWNY.ORG](mailto:MTIGHE@NACSWNY.ORG).

FUNDED BY THE NEW YORK STATE DEPARTMENT OF HEALTH / AIDS INSTITUTE





**About:**

NACS Youth Clubhouses are alcohol & drug free spaces 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 updates on events, updated schedules, and current schedules scan our QR Code or follow our Instagram! @NACS\_CLUBHOUSE

# NACS YOUTH CLUBHOUSES

Clubhouse Locations (select days):

Erie County (EC): 1005 Grant Street, Buffalo, NY 14207

Niagara County (NC): 1522 Main Street, Niagara Falls, 14305



## CLUBHOUSE PERKS



### POSITIVE OUTLETS

- Make your voice heard
- One-on-one support & guidance
- Safe & Inclusive Environment
- Learn financial responsibility with ClubBucks!

### YOUTH HANGOUTS

- 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:

NACS Youth Clubhouse (EC) Hotline: (716) 449-6472

Kashmir Bowser, Youth Clubhouse Manager (NC): (716) 449-6405



NACS Youth Clubhouses are funded and supported by: The Office of Addiction Services & Supports and the United Way of Greater Niagara.



# CLUBHOUSE CORNER - AUGUST EDITION



"Everything good, everything magical happens between the months of June and August."  
- Jenny Han

## NACS MOVING UP / GRADUATION CEREMONY



This past month, NACS Clubhouse honored our community members for their academic achievements & moving forward to their next chapter. We are so proud of you all! Congratulations Class of 2024!

## CLUBHOUSE FIELD DAY!



NACS Clubhouse launched its very first annual Clubhouse Field Day! Our youth enjoyed a variety of friendly competitions at Chestnut Ridge! We ended our fun-tastic day with a hike to the eternal flame!

To join us for our next outing event, please contact:  
NACS Clubhouse Manager, Kashmir: 716-449-6405

## YOUTH SPOTLIGHTS

### ERIE COUNTY SPOTLIGHT:



*Xton has been a member of our clubhouse since March 2024. He has grown out of his shell and enjoys all of our crafty activities and also loves any opportunity to sing his heart out!*

### NIAGARA COUNTY SPOTLIGHT:



*Dalton has been a member of our clubhouse since April 2024. He recently placed **FIRST** in the smoke dance competition at Tuscarora Field Days. He is kind, always smiling, and always willing to just hang. We're so proud of you, Dalton!*

**STAY UPDATED ON OUR CLUBHOUSE EVENTS WITH SOCIAL MEDIA!**



NACS CLUBHOUSE CORNER - AUGUST 2024



## Homeless Native Americans are Likely to Feel the Negative Impact of US Supreme Court Ruling

By Jenna Kunze, [Native News Online](#), July 15, 2024

Last month (June 2024), the United States Supreme Court ruled that cities can ban people from sleeping and camping in public places in a decision Native advocates say will disproportionately impact Indigenous people. But in Seattle, Washington - a state with the sixth highest rate of unhoused people in the country - Native advocates say that the Indigenous population should remain protected by their organizations.

Derrick Belgarde (Confederated Tribes of Siletz Indians/ Chippewa-Cree) is the director of Chief Seattle Club, a [housing and human service nonprofit](#) in Seattle that is dedicated to serving the local Native populations.

Belgarde— who formerly experienced homelessness in Seattle before the Chief Seattle Club helped him get sober and began his journey towards healing and higher education— told Native News he doesn't expect the Supreme Court decision to harm Seattle's homeless population because of organizations like his, "but [in] surrounding cities and states, I think a lot of people are going to be harmed."

Currently, Chief Seattle Club has 339 housing units, and provides food, primary health care, legal services, a Native art job training program, and opportunities for members to engage in cultural community-building.

"Our stance is this: We need safe spaces for people to go, not just enough beds, we also need safe, culturally-appropriate spaces," Belgrade said. "If they opened up 10,000 shelter beds and not one of

them is culturally-appropriate for Native people, they're not safe for Native people. You need to have spaces where people can go where they feel safer indoors than outdoors, and people don't realize that mental safety and security and calmness and sense of belonging is important for people."

On June 28, the Supreme Court issued its 6-3 decision on *Grants Pass v. Johnson*, overturning a lower court ruling that deemed it unconstitutional to punish people for being homeless.

In a prior decision, the Ninth Circuit held that the Eighth Amendment's Cruel and Unusual Punishments Clause bars cities from enforcing public-camping ordinances against homeless individuals whenever the number of homeless people in an area exceeds the number of available shelter beds, according to the decision.

By not upholding the lower court's ruling, [experts say](#), communities nationwide will more easily be able to fine, ticket or arrest people living unsheltered, even when there is no adequate shelter available.

This comes at a time when homelessness is on the rise; nationally, homelessness grew by 11 percent last year, and Native Americans are 7.5 times more likely to experience homelessness, according to Seattle Indian Health Board data.

Abigail Echo-Hawk (Pawnee Nation of Oklahoma), executive vice president for the Seattle Indian

Health Board in King County, Washington, told Native News Online that the overrepresentation of Native Americans without housing is a direct result of the United States government forcibly relocating tribal nations, including her own, during the relocation era.

"There were large groups of American Indian and Alaska Native people who became homeless in these cities as a result of the attempted assimilation and genocide of Native people in this country," Echo Hawk said. "Once coming to those cities, we saw and continue to see over-criminalization and targeting by local law enforcement of Native people. We see the impacts of that in the Missing and Murdered Indigenous People crisis, the high rates of sexual and physical violence against Native women, and the non-prosecution of that in urban areas across the United States."

The decision means that cities aren't going to be responsible for providing shelter beds for their homeless, she said. That's where organizations like the Seattle Indian Health Board and Chief Seattle Club step in with [housing assistance services](#).

"Yes; there are cities in the United States where they have done good local efforts to combat the crisis of homelessness, but there are other places in this country that are outwardly racist, and people of color and American Indians and Alaska Natives are going to suffer."

Read also: Opinion - [Supreme Court Says It's Okay to Kick the Homeless When They Are Down](#)



# NATIVE PROFESSIONAL NETWORK

Join us for a night of networking with other Native professionals, cultivating new relationships and having new experiences.



August 21, 2024



5:30 PM - 07:30 PM



K-Art Gallery  
808 Main Street  
Buffalo, NY 14202



[Register Here >](#)



# NACS GOLF TOURNAMENT

Scramble format with prizes for the following:

- Top Team Men, Women & Coed
- Longest Drive Men & Women
- Closest to the Pin Men & Women

## SATURDAY OCTOBER 05, 2024

Registration & Lunch @ 11 am  
Shotgun Start @ 1pm  
Dinner & Auction @ 6pm



**SINGLE PLAYER: \$200**  
**TEAM OF FOUR: \$700**

**REGISTER NOW**



716-574-0471



marketing@nacswny.org



[givebutter.com/nacsgolftournament](https://givebutter.com/nacsgolftournament)

## Indigenous Health and Wellness Promotion Program Welcomes Bonnie LaForme

**S**eno everyone  
My name is Bonnie LaForme I am the new Facilitation Assistant for the Indigenous Health and Wellness Promotion program.

I am a member of the Onondaga Nation, beaver clan, from Six Nations, Ontario. I grew up in Buffalo

and am familiar with the community having previously worked for NACS as a Traditional Preventive worker.

I am a graduate from Buffalo State College. My major is in Student Personnel Administration with a minor in counseling. I am

currently a certified alcohol and substance abuse counselor.

I am excited to be working with the health and wellness promotions program community.

Sincerely yours,  
*Bonnie LaForme*

## 988 Suicide & Crisis Lifeline

**W**e can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

### Native American, Indian, Indigenous, & Alaska Natives

Your mental health and wellness is a priority. Native American, Indian, Indigenous, and Alaska Native communities are placed at a higher risk due to historical trauma, and compounding discrimination and oppression, in conjunction with a lack of investment into supportive resources. Below, you will find tips and resources to support yourself, a loved one, and other members of Native American, Indian, Indigenous, and Alaska Native communities.

If you are in need of support, you can call, text, or chat with 988. We are available 24/7. 988 works to ensure that all people have access to the support and resources reflective of their own needs. We are always here for you.

### What Happens When You Call The 988 Lifeline?

- ♥ First, you'll hear an automated message featuring additional options while your call is routed to your local 988 Lifeline network crisis center.
- ♥ We'll play you a little music while we connect you to a skilled, trained crisis worker.
- ♥ A trained crisis worker at your local center will answer the phone.
- ♥ This person will listen to you, understand how your problem is affecting you, provide support, and get you the help you need.

#### Resources:

[988 Lifeline](#)

[SAMHSA](#)

Resources For Native Americans, Indians, Indigenous, & Alaska Natives:

<https://988lifeline.org/help-yourself/native-americans/>



**NO JUDGMENT.  
JUST HELP.**

**SKILLED, CARING  
SUPPORT. 24/7.**

Text, Call, Chat 988.

**988** | SUICIDE & CRISIS  
LIFELINE



caffawny.org

# MEAT

## *Raffle*



To Benefit Foster/Adoptive Families

**Saturday  
September 7  
2024**

Doors 6:00  
First Spin 7:00

**Lake Erie  
Italian Club**

3200 South Park Ave  
Lackawanna

50/50  
*Raffles!*

Basket  
*Raffles!*

Wagon  
*of Cheer!*

21+  
*only!*

**\$10 admission  
\$70 table of 8**

Includes pop,  
beer, & pizza





## Employment Opportunity



www.nacswny.org

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

MICHAEL N. MARTIN, EXECUTIVE DIRECTOR

1005 Grant St. Buffalo, NY 14207 • Phone: 716-874-4460 • Fax: 716-874-1874  
 1522 Main St. Niagara Falls, NY 14305 • Phone: 716-299-0914 • Fax: 716-299-0903  
 76 West Ave. Lockport, NY 14094 • Phone: 716-302-3035 • Fax: 716-302-3037  
 100 College Ave. Suite 200, Rochester, NY 14607 • Phone: 585-514-3984 • Fax: TBD  
 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

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](mailto:humanresources@nacswny.org)

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960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

### Equal Opportunity Employer

## Position: Family Preservation Caseworker

Type: Full-Time Hourly / Non-Exempt

Salary/ Range: \$19.23 / hour

Office: Erie County

### Summary

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

### ESSENTIAL DUTIES AND RESPONSIBILITIES

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

### EDUCATION, QUALIFICATIONS, SKILLS

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

### BENEFITS

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

For consideration send Resume to: [humanresources@nacswny.org](mailto:humanresources@nacswny.org)

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 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

### Position: Family Preservation Caseworker – Niagara County

Type: Full-Time Hourly / Non-Exempt

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

Office: 76 West Ave., Lockport NY, 14094

#### Summary

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

#### ESSENTIAL DUTIES AND RESPONSIBILITIES

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

#### EDUCATION, QUALIFICATIONS, SKILLS

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

#### BENEFITS

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

For consideration send Resume to: [humanresources@nacswny.org](mailto:humanresources@nacswny.org)

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### 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](mailto:humanresources@nacswny.org)

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

Office: 1522 Main Street, Niagara Falls, NY 14305

#### Summary

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- 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

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- 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](mailto:humanresources@nacswny.org)

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# Thanks for reading!

Please share this newsletter with family, friends, and coworkers. If you know of anyone who would like to receive the month NACS News by email, please have them send their first name, last name, and current email address to: [gghosen@nacswny.org](mailto:gghosen@nacswny.org)

You can also look for our newsletter on our [website](#).

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

## I'd like to help NACS continue it's Tradition of Caring...

PLEASE ACCEPT MY CONTRIBUTION OF: \$5 \$10 \$25 \$50 \$100 OTHER:

I'D LIKE TO VOLUNTEER MY TIME. I CAN...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PLEASE ADD ME TO YOUR MAILING LIST!

\_\_\_\_\_  
NAME PHONE NUMBER EMAIL ADDRESS  
\_\_\_\_\_  
STREET ADDRESS CITY/STATE/ZIP CODE

PLEASE DETACH AND RETURN TO:  
NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.  
1005 GRANT STREET, BUFFALO, NEW YORK 14207