



NACS News

*A Tradition
of Caring*

April 2022
Volume 26, Issue 4

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

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April is Alcohol Awareness Month!

submitted by Star Wheeler, Health & Wellness Coordinator

Alcohol Awareness Month was developed to increase awareness and understanding of the causes and treatment of one of our nation's top public health problems: alcoholism. Established in 1987, alcohol awareness month allows communities to focus on spreading awareness and reducing the stigma associated with alcohol addiction. Observance of this awareness campaign also highlights the need for education on the dangers of unsafe alcohol consumption.

If you've quit drinking recently or decided to cut back on alcohol, one challenge you might be facing is how to fill the gap. So many people use alcohol to cope with stress, as a social lubricant, or simply to pass the time. But if you'd rather not drink very much, or at all, you might be wondering "what should I do instead?" What are some alternatives to drinking alcohol?

Whether you're in recovery from alcohol abuse, or simply want to rethink your drinking patterns, here are a few ways to replace alcohol within your daily life. Below, we'll cover some alternative activities, stress-management tech-

niques, and even alternative beverages to sip at your next gathering. Wherever you're at in your relationship with alcohol, we hope these strategies will be a helpful starting point!

Alternative Activities to Drinking

One problem many people face when they quit drinking is plain-old boredom. Perhaps your social life generally revolves around drinking, and you need a break from that environment. Or maybe the things you used to do while drinking just don't seem as interesting sober.

Fortunately, there are tons of fun things to do without alcohol, including activities that can actually improve your health, while reducing stress.

- **Start an Exercise Routine**

If you're looking to swap out your nightly trip to the bar with a healthier habit, try exercise instead. Hitting the gym or a fun workout class (think aerial yoga or kickboxing) with a friend or coworker can help you beat stress without the hangover. Even a quick 20- or 30-minute exercise session has calming ef-

fects - and research shows these benefits can last for several hours after your workout is complete.

- **Take Music Lessons**

For something less physical, you could also try picking up an instrument. Group music lessons can be a much more exciting way to make new friends than grabbing drinks after work. Music also has powerful health benefits, including improved immune system function and stress relief. It can even reduce anxiety in patients headed into surgery.

- **Get a Massage**

Looking for a fun date night activity away from the bar? Try scheduling a massage. Just one 30-minute massage session can reduce stress hormones, lower heart rate, and curb high blood pressure.

Alternative Stress Management

While many people drink socially, it's also very common to drink alone. This is especially true in the time of COVID-19, when so many are staying home for social distancing. But if you've decided to quit or cut back, and you're feeling bored

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MOVING/CHANGE OF ADDRESS?

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

gghosen@nacswny.org



(Continued from page 1)

or stressed in the house, what are your alternatives to consuming alcohol? Amidst the pressure of the times we're living in, you may be wondering, "how can I relax without drinking?"

• Meditation

One of the easiest things you can do to feel calmer right now is to sit down for a moment, clear your mind, and begin counting your breaths. Meditation has been found to reduce anxiety, and a long-term practice may even lead to permanent stress reduction. In one study, mindfulness-based therapy proved as effective as antidepressants in relieving symptoms of depression.

Best of all, you can get benefits from meditation after just a few minutes of practice. A 2019 study found that just five 10-minute meditation sessions in the workplace promoted more generous, altruistic behavior toward others.

• Gratitude Journaling

If you're skeptical of meditation, or it isn't a good match for you, try a gratitude journal instead. Whether you're thankful for big things, like a roof over your head, or the little things, like a good hair day, writing them down has clear benefits for stress relief.

Gratitude itself is correlated with lower levels of stress and depression, as well as improvements in sleep and reductions in materialism. It even seems to improve cardiac health.

Creative Mocktails

If cocktails are your thing, try building your own "sober bar." Test out one of these fun mocktail recipes below, or simply experiment on your own. Try combining club soda with juices or flavored syrups for a base.

Then, add garnishes like fresh herbs, maraschino cherries, or a salt-and-sugar rim to really make it your own.

1) Mango Mule

Ingredients:

4-5 slices of cucumber

1 oz honey syrup

1.5 oz mango puree

1.5 oz fresh lime juice

1.5 oz ginger beer

Ice

Instructions:

Muddle cucumber and honey syrup in the bottom of a cocktail shaker. Add the mango puree and lime juice and shake with ice vigorously. Strain into a copper mug. Top with ginger beer and stir.

2) Virgin Cucumber Gimlet

Ingredients:

1.5 oz club soda

4-5 slices of muddled cucumber

1 oz fresh lime juice

1 oz simple syrup

Instructions:

Combine all ingredients and shake with ice. Serve in a rocks glass over crushed ice. Garnish with a rolled cucumber slice.

For information on substance misuse prevention:

<https://oasas.ny.gov/prevention>

For information on treatment:

<https://oasas.ny.gov/treatment>

For more information on recovery:

<https://oasas.ny.gov/recovery>

April is
Alcohol Awareness Month

According to the National Institute on Alcohol Abuse and Alcoholism, an estimated **88,000 people die from alcohol-related causes annually**

In 2010, alcohol misuse cost the United States **\$249.8 billion**

Approximately

and

62,000 men and **26,000 women** die from alcohol-related causes annually

Alcohol is the third leading preventable cause of death in the U.S. The first is tobacco and the second is poor diet and physical inactivity.

Moderate alcohol consumption, according to the 2015-2020 Dietary Guidelines for Americans, is up to **1 drink per day for women** and up to **2 drinks per day for men**

In 2009, alcohol-related liver disease was the primary cause of **almost 1 in 3 liver transplants** in the United States



Van
transportation
available!

Field Trips, College
Visits, Career
Exploration, Financial
Planning

**NACS' Youth
Clubhouse**
**Native Youth
ages 13-18
Erie & Niagara
Counties**

A safe,
welcoming
place to
hang out!

Pool
table,
dart
board,
fun &
games!

Teachings
of the Good
Mind

Native Cultural
Teachings,
Activities &
Traditional Arts



Instagram
@nacs_clubhouse

For more information, please contact Pete Hill, Youth Services
Coordinator at (716) 874-2797, ext. 342 or phill@nacswny.org

**We are hiring! Buffalo &
Niagara Falls locations!**

*Funded by the New York State Office of Addiction Services & Supports, along with
foundations, business, and caring individuals like you! Nyah-weh!*

April is National Child Abuse Prevention Month

submitted by George T. Ghosen, Editor

"It recognizes the importance of families and communities working together to strengthen families to prevent child abuse and neglect. Through this collaboration, prevention services and supports help protect children and produce thriving families," per childwelfare.gov.

Every April, National Child Abuse Prevention Month is observed to raise public awareness of child abuse and neglect, recommit efforts and resources aimed at protecting children and strengthening families, and promote community involvement through activities that support the cause.

The abuse or maltreatment of children is against the law. Victims need an effective child protective service to prevent them from suffering further injury and impairment.

The purpose of the Child Protective Services Act of 1973 is to encourage more complete reporting of child abuse and maltreatment. The law established child protective services (CPS) in each county in New York. Each CPS is required to investigate child abuse and maltreatment reports, to protect children (anyone under 18 years old) from further abuse or maltreatment, and to provide rehabilitative services to children, parents, and other family members involved.

The New York State Office of Children and Family Services maintains the Statewide Central Register of Child Abuse and Maltreatment (SCR, also known as the "hotline") for reports made pursuant to the Social Services Law.

The SCR receives telephone calls alleging child abuse or maltreatment within New York State. SCR staff relay information from the calls to the local CPS for investigation, monitors their prompt response, and identifies whether there are prior child abuse or maltreatment reports.

The SCR receives calls 24 hours a day, every day from two types of sources: persons who are required by law (mandated) to report suspected cases of child abuse and maltreatment; and calls from non-mandated reporters, including the public.

Among those who are mandated reporters:

- Medical and hospital personnel
- School officials
- Social service workers
- Child care workers
- Residential care workers and volunteers
- Law enforcement personnel

Other mandated reporters are listed in the [Summary Guide for Mandated Reporters](#). This publication provides mandated reporters with an overview of their obligations and a conceptual framework of New York State's child protective services system.

Voluntary reporters (for example, neighbors, relatives and concerned citizens) may also use the statewide, toll-free number to make reports. If you suspect a child has been harmed or is at risk, please dial **1-800-342-3720**, to report what you have seen or heard. **You can make a difference.**

Mandated reporters must file, within 48 hours of an oral report, a signed, written report, [Report of Suspected Child Abuse or Maltreatment \(LDSS-2221A\)](#). This written report is to be filed with the appropriate local CPS. Mandated reporters may request the address of the investigative district from the SCR's child protective specialist at the time of the oral report to the SCR.

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What Are Some Effects of Child Abuse and Neglect?

Child Abuse Prevention Month was created because child abuse and neglect was both widespread and too often invisible. “Our children are our future” may be a cliché, but it’s still true that the more adults can have a positive impact on a child’s experiences, the stronger society will be. A safe, stable, and nurturing environment can have a proven positive effect on brain development. Research shows that children who suffer from the prolonged stress of abuse and neglect tend to struggle in their behavioral, physical, and cognitive abilities. The effects of early trauma tend to continue through generations. In contrast, experiencing support in early childhood can prevent or even reverse the damaging effects of early life stress, with lifelong benefits for a young person’s learning, behavior, and health. Whatever seeds have been planted, or not planted, will affect a person’s health, ability to learn, and ultimately, earning power.

Child abuse and neglect doesn’t stem from just one cause, which is why stopping its destructive cycle is so difficult. Living in a community with a high rate of violence, limited access to social services, poverty, and unemployment are all major factors. Addressing community needs by giving families support has much more impact, and costs much less, than attempting to address the consequences of adversity after a child has grown up.

Child Abuse Statistics

Each statistic represents a human life. Change is necessary and together we will end child abuse.

- 74.9% - Child abuse victims are neglected
- 92% - Of cases parents are the abuser
- 65,000 - Sexual Abuse cases reported
- 4.4 Million - Child Abuse Cases
- 7.5 Million - Children Affected
- 5 Children Die - Every day from child abuse

Prevention Strategies

Child abuse and neglect (CAN) are serious problems that can have lasting harmful effects on its victims. CDC’s goal is to stop child abuse and neglect from happening in the first place.

Child abuse and neglect are complex problems rooted in unhealthy relationships and environments. Preventing child abuse and neglect requires addressing risk and protective factors at the individual, relational, community, and societal levels.

The CDC developed a resource, [Preventing Child Abuse and Neglect: A Technical Package for Policy, Norm, and Programmatic Activities](#) pdf icon[3.69 MB, 52 Pages, 508] to help states and commu-

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nities take advantage of the best available evidence to prevent and reduce child abuse and neglect. This resource is available in English and [Spanish](#) pdf icon[21 MB, 52 Pages, 508] and can impact individual behaviors and the relationship, family, school, community, and societal factors that influence the risk and protective factors for violence. Effective prevention strategies focus on modifying policies, practices, and societal norms to create safe, stable, nurturing relationships and environments. The strategies and their corresponding approaches are presented in the table below:

Preventing Child Abuse and Neglect	
Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none"> • Strengthening household financial security • Family-friendly work policies
Change social norms to support parents and positive parenting	<ul style="list-style-type: none"> • Public engagement and education campaigns • Legislative approaches to reduce corporal punishment
Provide quality care and education early in life	<ul style="list-style-type: none"> • Preschool enrichment with family engagement • Improved quality of child care through licensing and accreditation
Enhance parenting skills to promote healthy child development	<ul style="list-style-type: none"> • Early childhood home visitation • Parenting skill and family relationship approaches
Intervene to lessen harms and prevent future risk	<ul style="list-style-type: none"> • Enhanced primary care • Behavioral parent training programs • Treatment to lessen harms of abuse and neglect exposure • Treatment to prevent problem behavior and later involvement in violence

Do You Suspect Abuse or Maltreatment?

Report it Now!

Call our Statewide Toll Free Telephone Number:

1-800-342-3720

If you are deaf or hard of hearing, call TDD/TTY at

1-800-638-5163

or have your Video Relay System provider call

1-800-342-3720

If you believe that a child is in immediate danger, call **911** or your local police department.

Resources:

<https://ocfs.ny.gov/programs/cps/>

<https://preventchildabuse.org/latest-activity/april-is-child-abuse-prevention-month/>

<https://americanspcc.org/national-child-abuse-prevention-month/#impact>

<https://www.cdc.gov/violenceprevention/childabuseandneglect/prevention.html>



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

Equal Opportunity Employer

POSITIONS AVAILABLE

Position: Youth Clubhouse Site Manager(s)
Posting Date: March 2022
Type: Full-time (40 hours) / Hourly / Non-Exempt
Hours: Non-Traditional (daytime, with evenings and weekends required)
Salary: \$19.23 hourly
Location: Erie & Niagara Counties (one Site Manager for each county)

Summary

Under the guidance of the Youth Services Coordinator, the Site Managers will conduct a Youth Clubhouse for self-identified Native American youth and young adults ages 13-18. This program empowers youth to work with and support each other to achieve personal and common goals related to Native culture and free from alcohol and drugs. The Site Manager will assist in the oversight of activities, cultural programming, and staffing for the Youth Clubhouse. Site Managers must be able to exhibit and provide strong leadership and have proven sound decision-making skills.

Duties / Tasks include (but are not limited to):

- Have knowledge & understanding of substance abuse and prevention efforts
- Implement a Youth Clubhouse Program
- Monitor staff and provide constructive feedback
- Oversee workshops and activities
- Maintain a productive & interesting environment
- Coordinate scheduling of Youth Leaders & others
- Organize & assist with safe transportation for members
- Adhere to data collection, reporting, and performance measurement requirements
- Raise awareness in community regarding the Clubhouse and substance use

****Qualifications include (but are not limited to):***

- Bachelor's Degree
- Supervisory experience or relevant role
- Experience w/ at-risk youth
- Computer skills & Microsoft savvy
- Familiarity with & sensitivity toward the Native American community, cultures & teachings
- Effective oral, written, and social media skills
- Able to abide by a smoke-free policy
- Capable of lifting at least 35 lbs. and able to stand for at least 2 hours
- Clean valid NYS driver's license w/ own transportation & auto insurance liability coverage 100/300k minimum
- Acceptable outcome of background investigations

For the full posting, please visit:

<https://www.indeed.com/jobs?q=native%20american%20community%20services%20youth&l=Buffalo%20NY&vjk=54b9eb91228fb001>



Native American Community Services

Equal Opportunity Employer

Position Announcement

Posting Date: December 2021
Position: Digital Learning Specialist (1 position available)
Type: Hourly/ Non-exempt/ Full-time
Salary: \$18.03 per hour

SEEDLINGS (Supporting Education and Empowerment by Developing Language Initiatives Needed for Growth and Sustainability)

Summary: The SEEDLINGS program is a multi-year grant funded program that offers a high-quality language acquisition afterschool program for children (grades K-8). Blending tradition with intergenerational exchanges, children and their families will improve competencies and knowledge of Haudenosaunee languages. Culturally relevant teaching, mixed with laughter and play, will support student, family, and community growth. It is the program's mission to ensure a vibrant and healthy Native community.

Duties/Tasks

- Develop technological tools to support language acquisition
- Document all aspects of language project
- Assist the Language Coach in collecting and maintaining data related to student contact hours and language fluency proficiency
- Complete reporting requirements timely
- Work collaboratively with staff to expand language instruction beyond the classroom environment

Qualifications

- Bachelor's degree in a business or computer field/discipline
- Digital marketing/gaming experience
- Experience working with children in an educational setting/Classroom management
- Knowledge/Familiarity of current computer technology trends
- Knowledge of local Native American cultures
- Preferred CPR/First Aid certification (training will be provided)

If interested in this position, submit cover letter and resume to humanresources@nacswny.org

Contact NACS at (716) 874-4460 for additional information



Native American Community Services

Equal Opportunity Employer

Position Announcement

Posting Date: December 2021
Position: Haudenosaunee Language Coach (2 positions available)
Type: Hourly/ Non-exempt/ Full-time
Salary: \$16.83 per hour

SEEDLINGS (Supporting Education and Empowerment by Developing Language Initiatives Needed for Growth and Sustainability)

Summary: The SEEDLINGS program is a multi-year grant funded program that offers a high-quality language acquisition afterschool program for children (grades K-8). Blending tradition with intergenerational exchanges, children and their families will improve competencies and knowledge of Haudenosaunee languages. Culturally relevant teaching, mixed with laughter and play, will support student, family, and community growth. It is the program's mission to ensure a vibrant and healthy Native community.

Duties/Tasks

- Read/Speak/Write Haudenosaunee languages
- Promote intergenerational exchanges between students and elders
- Exhibit the principles of the Good Mind
- Utilize culturally relevant teaching methods and promote a culturally rich environment
- Monitor student growth and progress
- Provide out of class dialogue opportunities for students, families, and community
- Collect and maintain data related to student contact hours and language fluency proficiency
- Work collaboratively with staff to expand language instruction beyond the classroom environment
- Organize the structure of Haudenosaunee language classes that accommodate for individual student learning styles
- Complete reporting requirements on time.

Qualifications

- High-school graduate or equivalent
- Minimum basic speaking/writing/reading level, or any combination thereof, of any Haudenosaunee language with the capacity and desire to increase knowledge and skill to a higher level of acquisition
- Knowledge of the local Native American cultures
- Experience working with children in an educational setting/Classroom management
- Preferred CPR/First Aid certification (training will be provided)

If interested in this position, submit cover letter and resume to humanresources@nacswny.org

Contact NACS at (716) 874-4460 for additional information



In New York, 576,063 older adults are using **SNAP** to buy healthy food. Are you?

SNAP helps New York's older adults 60+ buy healthy food at the grocery store. You can get help from SNAP if you have limited income and resources or high medical and living expenses. The amount you receive depends on household income from all sources, deductions of high medical or housing costs, and how many people live in your household.

Reach out to see if you
qualify today!

Lauren Merriman
FeedMore WNY
SNAP Outreach Coordinator
716.822.2005 x3052
lmerriman@feedmorewny.org



This flyer was developed with generous support from the Walmart Foundation.

nco
national council on aging

FeedMore
wny
feedmorewny.org

AS-47



SNAP income guidelines for households with a 60+ or disabled member

If you have a limited income, you may qualify. You also may qualify if you have high medical and living expenses. *Chart information is based upon SNAP standards effective October 2021.

Family Size	Monthly Gross Income*	Annual Gross Income*
1	\$2,147	\$25,764
2	\$2,903	\$34,836
3	\$3,660	\$43,920
4	\$4,417	\$53,004
Each Additional Person	\$757+	\$9,084+

Contact:

Lauren Merriman, FeedMore WNY SNAP Outreach Coordinator

716.822.2005 x3052

lmerriman@feedmorewny.org

If you are 60 or older and physically unable to shop due to illness or disability, or unable to leave the home without assistance, you may be eligible for our home-delivered meals program.

To find out more, please visit:

feedmorewny.org/home-delivered-meals or call 716.822.2002



BUFFALO STATE
The State University of New York

Beulah Sowden Educational Fund

Qualified candidates must:

- Have a cumulative of 3.0 or higher
- Be enrolled full time (12 or more credit hours)
- Be enrolled as a member of a federally recognized Native American nation in the United States or indigenous nation in Canada or a first generation descent of an enrolled member of a federally recognized Native American nation in the United States or indigenous nation in Canada.
- Special consideration may be given to candidates who have volunteer experience in Native American public service agencies, community groups, and other entities serving Native American communities; and/or who have hardship due to personal illness, or other emergencies such as family illness, or death.

Apply this this and other scholarships at <https://buffalostate.academicworks.com>

Buffalo Bandits - Native American Heritage Night, 3/26/22



Pictured here is Bandits Number 1 Fan, Logan Brown.

This was taken after a Bandit's goal at Native American Heritage Night (it was a day game).



The BELL Project: April Announcements

This is a virtual event:

April 18th at 10am

Join Mrs. Hamilton while she reads stories accompanied by Snoozer (a vacuum robot sidekick), complete a craft and sing a fun song.

Libraries are continuing to provide free, easily accessible resources to families by offering virtual On-Demand programming for children. This aims to provide educational achievement, while illustrating the benefits of reading in a fun and exciting way.

Links to join below:

<https://www.facebook.com/buffalolibrary.central/>

<https://www.youtube.com/c/BuffaloErieCountyPublicLibrary>

Here's some Daily fun activities you can incorporate into your day

demco

Bold colored text indicates a live link. Click on the links to discover more information. For more programming ideas, visit [ideas.demco.com/category/blog/](https://www.demco.com/category/blog/).

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

April 2022

Children's Activity Calendar

3

National School Librarian Day is tomorrow. Read *Miss Brooks Loves Books (and I don't)* by Barbara Bottner to spread the power of school librarians everywhere.

4

Happy Book Birthday one day early to *Sloth Sleeps Over* by Blythe Russo.

5

Happy Book Birthday to *Hattie Hates Hugs* by Sarah Hovorka.

6

School Library Month: Spend this month sharing the best books, quotes, and memories that kids discover at the library using *School Library Month printables* from AASL.

7

National Humor Month: Laughing reduces stress and anxiety and boosts the immune system. Display funny books and encourage every kid to tell their favorite joke.

8

April Fool's Day: Oh no. Did the snake escape? Have fun playing an *April Fool's Day* prank on kids from Library Learners.

9

Ramadan: Recognize the holiest month of the Muslim year by reading *Crescent Moons and Pointed Minarets: A Muslim Book of Shapes* by Heena Khan and Mehrdokht Amini.

10

National Autism Awareness Month: Help kids understand what autism really means and find ways to make your library more autism-friendly using resources from the *Organization for Autism Research*.

11

Tomorrow is National D.E.A.R. Day (Drop Everything And Read). Set a timer to go off at different times during day and ask kids to stop what they're doing and read for 5 minutes.

12

Happy Book Birthday to *How to Hug a Pufferfish* by Ellie Peterson.

13

National Scrabble Day: Have kids play this classic game. Give extra points for using recent spelling or vocabulary words.

14

On this day in 1912, the *Titanic* hit an iceberg and sank. Create a display to showcase books and media about this famous ship.

15

National ASL Day: Read *El Deaf* and share other award-winning work from author and illustrator Cece Bell.

16

Celebrate Diversity Month: Share books about all the ways our world and its people are wonderful and beautiful.

17

Easter Sunday: Read *Nesting* by Henry Cole, a celebration of new life and rebirth.

18

The Boston Marathon: Read *Her Fearless Run* by Kim Chaffee. Host a friendly race around the building.

19

Javaka Steptoe's Birthday: Read Caldecott winner *Radiant Child* by Javaka Steptoe. Help kids dive deeper into the book with the *educator's guide*.

20

Mathematics and Statistics Awareness Month: Use *BestApp.com* to find the most engaging math learning tools for children.

21

Gathering of Nations: Introduce kids to the *Gathering of Nations*, a celebration of hundreds of Native American tribes.

22

Earth Day: Share some of the best books for celebrating Earth Day from *We Are Teachers*.

23

Math Education Month: Read *I'm Trying to Love Math* by Bethany Barton and jumpstart a month-long math and literature connection with *adorable printables*.

24

National Poetry Month: Encourage kids to write a haiku, cinquain, or other poem using the *Kids Magnetic Poetry Kit*. Take a picture of each to share on social media.

25

World Penguin Day: What do you call a cold penguin? *A Brrrrrr!* Watch San Diego Zoo's live *Penguin Cam* for a close look at their African penguins.

26

Patricia Reilly Giff's Birthday: Celebrate the life and work of this late writer by sharing Patricia's 2005 *National Book Festival* presentation.

27

Coretta Scott King's Birthday: Display Coretta Scott King award-winning books to honor King's courage as she works toward peace and world brotherhood.

28

Poem in Your Pocket Day: Print out fun poems on small piece of paper for kids to take with them. Ask them to read it aloud to someone today.

29

Say goodbye to April showers and make room for May flowers with a *Rain Cloud in a Jar Science Experiment* from Fun Learning for Kids.

30

Independent Bookstore Day: Host a book fair for a local bookstore, or ask kids to stop by the shop to show their support. Offer a small reward like a bookmark when they show their receipt.

School Library Month | National Humor Month | National Autism Awareness Month | Celebrate Diversity Month | Mathematics and Statistics Awareness Month | Math Education Month | National Poetry Month

["Early Literacy Activities — February 2022: Activities, Books, and More! \(demco.com\)"](https://www.demco.com)

Educational Achievement Promotes Physical Activity for Youth

submitted by Amy Huff, Educational Achievement Coordinator

Physical activities promote healthy growth and development of the body. It improves a child's motor skills by helping in coordination, balance, posture, and flexibility. Children should be indulging in moderate to vigorous exercise like running or walking for at least 60 minutes a day. Here are some of the main benefits of physical activity:

1. Reduce risk of diseases and illnesses
2. Strengthening bones and promoting healthy growth
3. Improved academic results
4. Greater self-esteem and confidence
5. Reduce stress, anxiety and depression
6. Building new friendships

Take this time to step out of your comfort zone and try a new activity
Here are TWO events happening this month for FREE!



YIS

YIS Community Free Yoga Class
onsite Delevan Community
977 East Delevan ave
Wednesdays 10am -11:15am
Saturdays 10:30-11:30 am
Temp checks 99 temp no entry.
Bring your own mat.

YIS



Yogis in Service



Black Boys Read Too, inc. &
Absolute Health and Wellness Present:

READ N' PLAY DODGEBALL TOURNAMENT

Join us for an afternoon of **free family FUN!**
Dodgeball game sign ups start at 1:00pm. First game begins at 1:30pm.
Free book for every child in attendance!

Water and healthy snack packs will be provided.
Smoothies from Revive available for purchase.

391 Washington St, Buffalo, NY 14203
April 23, 2022
1pm-3:30pm

Economic Empowerment Update

Introducing **Katina Simmons**, Workforce Development Specialist with Native American Community Service, will be serving the following counties: Monroe, Wayne, Ontario, Yates, and Seneca.

I am a creative, compassionate human service worker with 28 years of experience within the human service world. I have a bachelor's degree in Psychology and Education from Hobart and William Smith Colleges. I have successfully served 9 culturally diverse populations to set and reach their goals. Populations such as farmworkers, adults with developmental disabilities, the elderly, families, grandparents raising their grandchildren, reentry, adolescents, and the homeless. I'm looking forward to learning more about the Native American culture.

I'm well known for starting several grant-funded programs from the ground up. I have excellent skills as a job readiness workshop facilitator, great at building community and employer relationships. Also, for maintaining a strong, professional rapport with clients, and creating support groups that give clients a sense of belonging and a sense of self-worth. One support group was called "Get it Together" and the other was called, "The Action Committee".

My goal is to increase recruitment of clients in the 5 counties I serve by establishing working relationships with companies/community agencies, encouraging and supporting the Native American population to become successful, and leading them to self-sufficiency. A former supervisor stated, "Katina put the HUMAN in Human Services."

WORKFORCE DEVELOPMENT SERVICES



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

Counties we serve:

Erie, Niagara, Orleans, Genesee,
Wyoming, Monroe, Livingston,
Wayne, Ontario, Yates, Seneca,
Cayuga, Oswego, Onondaga,
Cortland, Oneida, Madison

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

Tianna Porter
716-574-9731

Katina Simmons
585-514-3984

We have offices in
Buffalo, Niagara Falls, Lockport and
Rochester

A Tradition of Caring

Funded by the US Department of Labor

Workforce Development Services

Submitted by Colleen Casali – Economic Empowerment Services Coordinator

Native American Community Services has a workforce development program that offers employment and education services to the Native American community in 17 Counties in New York State. The following is a list of services that are available to eligible participants which includes limited financial assistance.

Services provided to eligible participants:

- Case Management related to workforce activities
- Assistance in identifying barriers to employment
- Career counseling/exploration
- Job search and placement assistance
- 6-week Work Experience program
- Interviewing preparation
- Occupational skills training/Skills upgrade
- On-the-job training
- Test Assessing Secondary Completion (TASC) classes—Formally GED
- Educational resources and information
- Tuition/Book Assistance
- Entrepreneurial/small business technical assistance training information
- Follow-up services
- Referral and linkage services
- Status Card/Tribal documentation assistance

The following are requirements needed to qualify as an eligible participant:

- ❖ 18 years of age or older
- ❖ Reside off the reservation
- ❖ Reside in one of the 17 counties we serve
- ❖ Native American, Alaska Native or Native Hawaiian
- ❖ Tribal documentation of enrollment in a federal or state recognized tribe
- ❖ Unemployed or under-employed
- ❖ Laid-off, furloughed or dislocated workers
- ❖ Veteran or Spouse of a Veteran
- ❖ Meet all WIOA eligibility guidelines

If you live in one for these counties:

Erie, Niagara, Orleans, Genesee, Wyoming, Livingston, Monroe, Wayne, Ontario, Yates, Seneca, Cayuga, Oswego, Onondaga, Cortland, Oneida, Madison - You may qualify for services.

To make an appointment for an initial assessment call Tianna Porter at (716) 574-9731 or Katina Simmons at (585) 514-3984. Office hours **Monday – Friday, 8:30 am – 5:00 pm.**

If you prefer email you can reach Tianna at tporter@nacswny.org or Katina at ksimmons@nacswny.org.

Native American Community Services

FOOD PANTRY

1005 Grant St
Buffalo NY, 14207

Hours: 10:00AM-1:00PM
Tuesdays & Wednesdays



We are committed to providing nutritious food for our community, especially in times of crisis.
If you or your family are eligible based on the following criteria, please visit us during our food pantry hours.

You are eligible for food assistance if you live in zipcodes [14207](#) or [14216](#), and if you meet one of the following criteria:

Household Size	Annual Income
1	\$25,520
2	\$34,480
3	\$43,440
4	\$52,400
5	\$61,360
6	\$70,320
7	\$79,280
8	\$88,240
Each Additional	\$8,960

- **Your family income lies within these guidelines, including if you have recently become unemployed.**
- **You or someone in your household participates in SNAP, WIC, TANF, Unemployment, Disability, SSI, or Free/Reduced lunch program.**
- **You are experiencing food insecurity and/or having trouble making ends meet.**

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

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YES, I'D LIKE TO HELP NACS CONTINUE ITS TRADITION OF CARING!!

<p>Please accept my contribution of:</p> <p><input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> \$50</p> <p><input type="checkbox"/> \$100 <input type="checkbox"/> Other: _____</p> <p>I'd like to volunteer my time. I can...</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Please detach and return to:</p> <p>Native American Community Services of Erie & Niagara Counties, Inc. 1005 Grant Street, Buffalo, New York 14207</p>	<p>_____</p> <p>Name</p> <p>_____</p> <p>Address</p> <p>_____</p> <p>City / State / Zip Code</p> <p>_____</p> <p>Phone</p> <p><input type="checkbox"/> Please add me to your mailing list!</p>
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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; NYS DOH/Family Health; NYS OASAS; 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 Cullen Foundation; The Tower Foundation, The Oishei Foundation as well as businesses, foundations and caring individuals.