



NACS NEWS

*A Tradition
of Caring!*

April 2020
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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

The Basics on the Coronavirus: What You Need to Know as the US Becomes the New Epicenter of COVID-19

submitted by George T. Ghosen, Editor

(From USA Today as of 3/27/20, 12:04 pm)

Two months after the first coronavirus case was confirmed in the United States, the nation has become the new epicenter of the worldwide pandemic.

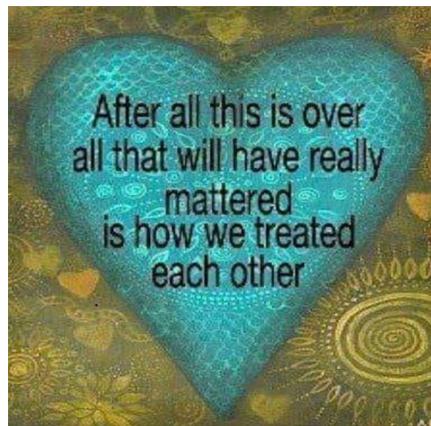
More than 1,300 people have died in the U.S. after contracting COVID-19, tens of thousands have been infected, and it's still hard to get tested for the virus. As thousands of people continue to recover in China, where the outbreak began, health care systems in Europe and the U.S. are confronting a woeful lack of time and resources.

The situation continues to develop rapidly, and information about COVID-19 is still evolving. Here's what we know about COVID-19.

What is the coronavirus?

The novel coronavirus, officially called SARS-CoV-2, is part of a large family of viruses named for the crown-like spikes on their surface. The virus causes an illness called "coronavirus disease 2019," or COVID-19.

Coronaviruses are common in many different species of ani-



mals, including camels, cattle, cats and bats, according to the U.S. Centers for Disease Control and Prevention. In rare instances, animal coronaviruses can infect people and then spread between people. At least two other coronaviruses have infected humans in the past: Middle East Respiratory Syndrome, or MERS, and severe acute respiratory syndrome, or SARS.

How did the coronavirus start?

As with SARS and MERS, the new coronavirus has its origin in bats, and scientists suspect the virus was initially transmitted to another animal – an "intermediary host" – before it spread to humans. In the case of SARS, that host was a civet cat. For MERS, it was a camel.

Early reports of the new coronavirus emerged in December 2019 and have been linked to a market in Wuhan, China. Scientists suspect that an animal spread the virus to a person at that market, and that that person spread the virus to other people. The intermediate host may have been a domestic animal, a wild animal or a domesticated wild animal, according to the World Health Organization.

What are symptoms of the coronavirus?

Symptoms can range from mild to severe, and some people don't have any symptoms at all. The most common symptoms resemble the flu and include fever, dry cough and shortness of breath, according to the CDC. The WHO adds tiredness to that list. Some people also develop aches and pains, nasal congestion, runny nose, sore throat or diarrhea, the WHO says.

About 1 in 6 people becomes seriously ill and develops difficulty breathing, according to the WHO. Symptoms may appear anywhere between two to 14 days after exposure, with the average patient seeing onset at

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around five days, according to the CDC.

But details of the most common symptoms are still evolving. One New York neurosurgeon who tested positive for the virus didn't initially have any of the most common symptoms. Newer reports are also suggesting that a loss of a sense of smell or taste may be a symptom of COVID-19.

How many coronavirus cases are in the US?

There are more than 86,000 confirmed cases in the U.S., according to data compiled by Johns Hopkins University.

These cases include people who traveled abroad and brought the virus back to the U.S., people who had close contact with someone who was infected and people who acquired the virus in their community but don't know the source of the infection.

How many people have died from the coronavirus in the US?

At least 1,300 people have died after contracting the virus, according to Johns Hopkins. Most of those deaths have been in New York, followed by Washington state.

How many cases of the coronavirus are there worldwide?

Here's a breakdown of worldwide numbers, as of Friday:

- More than 530,000 confirmed cases
- At least 24,000 people have died
- More than 120,000 people have recovered

Tips for how to protect yourself from the coronavirus

Health officials recommend social distancing to "flatten the curve," or slow the spread of the virus. That involves avoiding interactions with people outside of those who live in your household. When someone needs to leave their home, they are

advised to stay at least 6 feet away from other people.

On March 16, the White House has called on all Americans to avoid social gatherings involving groups of more than 10 for 15 days. But some state and local governments have issued stricter guidelines.

The CDC also recommends taking commonsense health precautions:

- Thoroughly wash your hands
- Use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Clean and disinfect frequently touched surfaces daily
- Covering your mouth and nose with your bent elbow or tissue when you cough or sneeze
- Stay home if you're sick

Who is most at risk of becoming very sick or dying?

Older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19, according to the CDC. That includes people aged 65 years and older and those who live in a nursing home or long-term care facility.

According to the CDC, other high-risk conditions include:

- People with chronic lung disease or moderate to severe asthma
- People who have heart disease with complications
- People who are immunocompromised including cancer treatment
- People of any age with severe obesity
- People with diabetes, renal failure or liver disease

Among more than 4,000 confirmed cases in the U.S. as of March 16, 80% of deaths associated with COVID-19 were among adults aged 65 and older, with the highest per-

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centage of severe outcomes among people 85 and older, according to the CDC.

At the same time, Americans of all ages have faced serious health complications. Data published by the CDC found that among the roughly 12% of COVID-19 cases in the U.S. known to need hospitalizations, about 1 in 5 were among people ages 20 to 44.

What is the treatment for the coronavirus?

Despite widespread rumors, social media reports and optimism surrounding the effectiveness of several existing drugs, so far there are no proven treatments for COVID-19, according to the CDC and WHO.

Treatment consists of supportive care to help relieve symptoms and, for severe cases, care to support vital organ functions. About 80% of people recover from the disease without needing special treatment, according to the WHO. For most patients, that means drinking plenty of fluids and resting, just as you would for the cold or flu.

Is there a vaccine?

No, and it will be at least a year to 18 months before any vaccine is ready for large-scale use, according to most estimates.

Thousands of scientists worldwide are on the case. As of last week, the WHO had posted a list of 41 possible vaccine candidates on its site. The first vaccine trial got underway this week in Seattle, when four volunteers received a version of a vaccine to prevent the disease.

How long does the coronavirus last?

Information about how long symptoms last is still evolving. But a February WHO study may give us some preliminary clues:

- The median time from symptom onset to recovery is about two weeks for mild cases
- For patients with severe or critical disease, the median recovery time is three to six weeks

Among patients who have died, the time from symptom onset to death ranges from two to eight weeks

Does the coronavirus affect pregnancy?

While pregnant women have had a higher risk of developing severe illness with the flu and viruses from the same family as COVID-19, it is not yet clear if pregnant women are more likely to get sick from the new virus or what if any risk infants face if their mom has COVID-19.

To stop the potential spread of the virus from an infected mother to a child, the CDC and the American College of Obstetricians and Gynecology recommend that facilities should consider temporarily separating the mother who has confirmed COVID-19 or is a PUI (person under investigation) from her baby. Separation guidance varies from 72 hours to seven days and in some cases up to 14 days depending on time since symptoms and recovery.

The CDC recommendation notes the health risks and benefits of separation should be discussed with the mother and she should be involved in decision-making. Hospitals including Massachusetts General Hospital and Johns Hop-

kins are following the guidelines.

The coronavirus is not known to be transmitted in breast milk or from the mother to a fetus in the womb. No infants born to mothers with COVID-19 have tested positive for the virus, according to the CDC.

Can kids get the coronavirus?

Children are not at higher risk for COVID-19 than adults, according to the CDC. Among the more than 4,000 cases in the U.S. as of March 16, only 5% were people aged 0–19 years, according to the CDC. Just 2%–3% of cases in that age group had to be hospitalized, and none were in the ICU.

This week, however, health officials reported that a 17-year-old teen in New Orleans died after contracting the virus. And 2-month-old in Nashville who tested positive for the virus could be the youngest patient in the nation, officials say. In China, at least one two-day-old infant had been infected, according to a WHO study.

Can you get coronavirus twice?

It's unclear, according to the CDC. For many viruses, including the MERS virus, patients are unlikely to be re-infected shortly after they recover because a protective antibody is generated in those who are infected. But scientists still need to do more research to determine if this is also the case with COVID-19 and how long those antibodies may last.

What does it mean to quarantine versus isolate?

Isolation and quarantine are effective ways to help prevent the spread of disease, according to the CDC. Isolation separates sick people with a contagious

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disease from people who are not sick. Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

How is the coronavirus spread?

Scientists think the virus spreads mainly from person to person through respiratory droplets produced when an infected person coughs or sneezes. People are thought to be the most contagious when they are the sickest, but some spread might be possible before people show symptoms, according to the CDC.

A person can get the virus by touching a surface that has the virus on it and then touching

their own mouth, nose or eyes, according to the CDC.

How long does the coronavirus stay on surfaces?

Research on how long the virus can survive on surfaces is ongoing, and estimates are preliminary. A study published in the New England Journal of Medicine this month found that viable virus could be detected up to three hours later in the air, up to four hours on copper, up to 24 hours on cardboard and up to two to three days on plastic and stainless steel.

However, a subsequent report from the CDC found that genetic material from the virus can live on surfaces for more than two weeks. The CDC found traces of the virus' RNA,

not the coronavirus itself, on surfaces in the cabins of both symptomatic and asymptomatic infected passengers on the Diamond Princess cruise ship – 17 days after passengers had left the cabins.

(Editor's note: There are many questions still unanswered and the leaders at every level appear to be doing all they can to keep us all safe. Information is being updated everyday. At this point in time, all we can do is to keep practicing social distance and make sure our hands are washed.

The entire article can be found here:

<https://www.usatoday.com/in-depth/news/health/2020/03/05/coronavirus-us-cases-symptoms-travel-deaths-prepare/4904568002/>

April is Alcohol Awareness Month

submitted by Brittnie Zurbrick, Health & Wellness Prevention Specialist

April showers bring May flowers, but April also brings Alcohol Awareness Month! Excessive alcohol use led to 88,000 deaths each year from 2006-2010 and shortened the lives of those who died on average 30 years. Alcohol is the cause of 1 in 10 deaths of working age adults, aged 20-64, and the economic cost of excessive drinking in 2010 was 249 billion dollars.

Excessive drinking includes binge drinking, heavy drinking, and any alcohol use by pregnant women, and those under 21. For women, binge drinking is defined as 4 or more drinks in one sitting, and for 5 drinks for men. Heavy drinking for women is defined as 8 or more drinks per week, and 15 or more drinks per week for men.

Moderate drinking for women is defined as one beverage a day, or 2 a day for men.

Excessive alcohol consumption has many risks, both long and short term. Some short term risks of excessive drinking includes; injury, violence, alcohol poisoning, and risky behaviors. Long terms effects of excessive drinking include high blood pressure, heart disease stroke, liver disease, cancer, mental health problems, learning and memory problems.

With everything going on with COVID-19 many people might turn to alcohol to try to cope, but this will only put the immune system more at risk. Instead try some of these positive coping practices.

Practice mindful meditation exercises. Think of your personal interests and what makes you happy, a bath, reading a book, lighting candles. Writing in a journal can be a great coping tool, you can write what makes you happy, and keep track of when you feel yourself slipping into drinking or negative moods. A change of scenery can be beneficial, it is okay to take a walk or a hike, just be mindful of social distancing. Digitally reaching out to friends and family can help you feel less isolated. Last but not least, if you feel like you need to speak with a therapist or mental health professional, they are available for appointments virtually.



N.Y.H.A.A.D

NATIONAL YOUTH HIV/AIDS AWARENESS DAY

APRIL 10, 2020

According to the Centers for Disease Control and Prevention (CDC), National Youth HIV/AIDS Day is the first annual observance day set aside to recognize the impact of the HIV/AIDS epidemic on young people.

What is HIV/AIDS?

- HIV also known as human immunodeficiency virus is a virus spread through certain body fluids that attacks the body's immune system.
- AIDS also known as acquired immune deficiency syndrome is caused from the damage HIV if left untreated does.
- It can take up to 11 years for HIV to develop into AIDS.
- There is no cure for HIV, but anti-retroviral treatments (ART) can be started while the person still feels healthy.

How can I reduce my risk of transmission?

- Always use a condom every time you have anal, oral, or vaginal sex.
 - KNOW YOUR STATUS! GET TESTED!
 - Don't share needles or works.
- Build up your knowledge of HIV/AIDS and even other STIs.
- Take your medication so you can keep your viral load low and live a long healthy life

Who can get involved in N.Y.H.A.A.D?

- ANYONE and EVERYONE!

How can I get involved?

- Building your knowledge
- Getting tested/ taking someone to get tested
 - Educate your peers and clients!

Adolescent Pregnancy Prevention at NACS

- Stages of Life Empowerment (SOLE) Program
 - Peer Educators Empowering People (PEEPs)
 - Teen Pregnancy Prevention (TPP) Program
- Provide FREE health and wellness workshops for youth and adults!
Provide youth FREE transportation for clinic tours!
Provide FREE condom availability!



**American
Red Cross**

Blood Program
Leader

CORONAVIRUS DISEASE 2019 (COVID-19) UPDATE

The American Red Cross is closely monitoring the evolving situation regarding the outbreak of the coronavirus disease 2019 (COVID-19). While there is no evidence that this coronavirus or any respiratory illness can be transmitted through a blood transfusion, out of the abundance of caution, we are taking actions to help ensure the safety of our donors, recipients, volunteers, staff and the blood supply.

The Red Cross is asking that individuals postpone their donation for 28 days following:

- Travel to China, Hong Kong, Macau, as Iran, Italy and South Korea;
- Diagnosis of COVID-19, contact with a person who has or is suspected to have the virus.

SAFETY FIRST

Blood donation is a safe process, and people should not hesitate to give and receive blood. At each blood drive, Red Cross employees follow thorough safety protocols. In addition to our standard procedures, you will notice the following at your local blood drive:

Pre-Donation Donor Temperature Screening

- All donors will be asked to have their temperature taken before being permitted into the blood drive.
- If a donor has a temperature greater than 99.5°F they will be asked to come back to donate when they are healthy and will be asked to leave the drive.

Enhanced Disinfecting

- Hand sanitizer will be available at check-in, health history and refreshment areas.
- Blood donors will be asked to use hand sanitizer prior to using tablets and laptops.
- Donors beds will be sanitized between every donor.

Social Distancing

- Implementation of separated drive set up to allow as much distance as possible between donors.

Staff Wellness and Protection

- All staff members will have a temperature check before presenting to work, and they've been asked not to come to work if they are feeling sick.
- Staff will wear gloves throughout entire blood drive, changing gloves between every donor.

Increased Educational Materials

- Donor educational materials on COVID-19.
- Stop sign at entrances to avert ineligible donors from presenting.

BLOOD SUPPLY PROTECTION

- The Red Cross uses safety measures to protect the blood supply from all respiratory viruses including COVID-19.
 - In addition to the travel deferral, the health history screening also helps to protect the blood supply.
 - Blood is only collected from individuals who are healthy and feeling well at the time of donation.
 - Call back number, to connect with trained donor counselors, is provided if donor develops any symptoms of illness within the days following donation. Donations from such donors are immediately quarantined and not used.
- During this public health emergency, donation information may change in the days and weeks ahead, so please be sure to consult with your Red Cross representative or staff at your blood drive with any questions.

HOW YOU CAN HELP

- Provide the [Volunteer Document](#) to your volunteers, before your blood drive, so they know what to expect. Volunteers helping at your drive may be asked on-site to assist with some of the new safety tasks, training on-site will be provided. If your volunteers are not comfortable completing the new safety tasks, please have them inform the charge person at the drive. In addition, volunteers must have their temperatures taken to ensure they are healthy to work.
- Recruit a few additional donors to your blood drive to help offset any individuals that may postpone their donation due to travel to affected areas.
- Educate your donors on the deferral guidelines and the new enhanced safety measures that are being implemented at blood drives to help reduce any fears of donating blood during this time.
- For detailed donor eligibility questions, please have your donors call 1-800-RED CROSS or visit redcrossblood.org. For more information on the COVID-19, visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/>.

Thank you for your support! Should you have any questions please do not hesitate to contact your Red Cross representative.

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.**

ATTENTION!

The NATIVE AMERICAN LEGAL CLINIC, held every second Tuesday of each month is postponed indefinitely. Please watch the NACS Newsletter, Facebook and our website - <http://www.nacswny.org/>- for updates.



TUSCARORA COMMUNITY HEALTH WORKERS PROGRAM

BABY SHOWER AND TODDLER FAIR

PLEASE JOIN US FOR OUR 7TH ANNUAL BABY SHOWER & TODDLER FAIR AT THE TUSCARORA NATION HOUSE.

WE WILL HAVE MANY AGENCIES SHARING THEIR SERVICES AND OFFERING FREE SAMPLES/GIVEAWAYS

GAMES, RAFFLE PRIZES AND REFRESHMENTS AVAILABLE.

WHEN: FRIDAY, MAY 15, 2020

WHERE: TUSCARORA NATION HOUSE
5226 Walmore Road, Lewiston, NY 14092

TIME: 12PM TO 3PM

THIS EVENT IS "FREE"

TO RESERVE A TABLE OR FOR MORE INFORMATION
PLEASE CALL TUSCARORA CHW @ 297-0598



Kids Can Play at Home With Playworks

Playworks is eager to announce our Play at Home series to support kids' healthy movement and play while students are home. **Starting today, anyone can join Playworks for Live Virtual Recess Monday - Friday at 12pm, 2pm and 4pm EST.** We've rolled these tools out to support our current partner schools and want to make them as widely available as possible.

Playworks has for over 24 years focused on bringing games and activities to schools, while creating a safe and healthy recess for students. We are now, more than ever, committed to responding to the need for continued healthy activities at home through several resources we are offering for free:

Play at Home Webpage: A library of videos and other resources featuring games and activities families can play at home. Each meeting the CDC requirements of social distancing and limited equipment. All available free on the Play at Home Webpage.

Play at Home Playbook: This game guide has a variety of games and activities families can do in their own home, with little to no equipment necessary.

Live Virtual Recess: A Playworks Coach leading a morning warm-up, a midday game, and an afternoon cooldown each day. Anyone can tune into Facebook Live Monday- Friday at 12pm, 2pm, and 4pm EST and play along. Not on Facebook, or can't join live?

Playworks posts all Virtual Recess videos on the **Playworks YouTube page** so you can Play at Home anytime.

Connect with us on:

Facebook @makerecesscount

Twitter @playworks

Instagram @playworksrecess

YouTube

Monday - Friday Daily schedule	
Time	Activity
12:00PM	Morning Stretches & Warm Up
2:00PM	Recess Game
4:00PM	Afternoon Cooldown & Cheer

Youth Services Erie & Niagara County Clubhouses

Youth Services Coordinator: Shannon Hill, 716-874-2797, ext. 325, shill@nacswny.org

Youth Advocate: Pete Hill, 716-874-2797, ext. 348, phill@nacswny.org

Niagara County Clubhouse Site Manager: Peter Jacobs please leave a message on Shannon's phone above or email: pjacobs@nacswny.org

Erie County Clubhouse Site Manager: Rhea Cook, 716-874-2797, ext. 346, gcook@nacswny.org

Erie County Clubhouse Youth Leader: Leana Maracle, 716-874-2797, ext. 344, lmacle@nacswny.org

We hope that everyone is well and safe, as we continue to learn about this pandemic and learning how to live a new lifestyle, we are working hard to provide and connect with the Native youth in both counties. We are in contact with the youth on a weekly basis. We encourage any new youth to become part of our program. If you are interested in joining either our Erie or Niagara County Clubhouses, please contact the above and leave a message with your name and phone number and we will contact you.

THE GOOD MIND AIR (GMA) – “QUARAN-TEEN TALK”

Virtual Discussion for Native Youth Ages 13-18 Years Old

Our youth-driven name for our weekly discussion is taking off, we meet every Wednesday at 1pm (Erie County Youth) and 2:15pm (Niagara County youth) via go to meeting. We have weekly discussions on resources available, how to stay busy, how to reduce stress, stay physical active, homework topics, movie picks, book options, traditional teachings and much more. We also have weekly challenges that youth participate in and have Friday challenge check ins.

We encourage any Native youth ages 13-18yrs old that are looking to connect with other youth and become part of our clubhouses to please contact any of the Clubhouse staff. Please leave your name and phone number and we will contact you, we check our messages daily. It's never too late to join!!

Follow us on Instagram: [nacs_clubhouse](https://www.instagram.com/nacs_clubhouse)



Educational Achievement News

submitted by Amy Huff, Educational Achievement Coordinator

Fun with the Family...for All Ages

Here are a few examples of what you can do with little or no supplies.

Examples 1 – 3 practice cognitive skills through fun.

1. Learn a new dance using YouTube

- Teach someone the Electric Slide
- Learn the Wobble, the Backyard Sway, the Cupid Shuffle ▶ **Who's got moves?**
- Master a Fort Night dance (ask your kids)
- YouTube has tons of dances, from country to hip-hop, with breakdowns to learn the steps

2. Read a book/story of any kind

- Act out a scene
- Change the ending ▶ **Discover a future star!**
- Use different voices for characters

3. Try saying tongue twisters

- Simply google tongue twisters and select the category you want
- Careful, some make you curse ▶ **What did you just say?!**

4. Try challenges from social media that do not have the potential to hurt anyone

- Place a bill (\$1, \$5) on the wall. If you don't want to use cash, use cards, monopoly money, or offer a different "prize", like extended bedtime or a favorite meal. Or don't offer a prize at all.
- The person holds it in place only using their forehead. Last one to "let go" wins.
- This is a perfect time to watch some of these challenges and make mention of how the challenge could go way wrong. ▶ **Your kids think it's great**

5. Watch Pow-Wow videos

- There are tons of clips on YouTube ▶ **The drum, the love**

Bottom line...just have fun together playing



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

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

Please accept my contribution of:

\$5 \$10 \$25 \$50

\$100 Other: _____

I'd like to volunteer my time. I can...

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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; NYS DOH/Family Health; NYS Education Dept.; NYS DOH/Aids Institute; Community Foundation for Greater Buffalo; Niagara County Department of Social Services, Niagara County Office of the Aging; US Department of Labor; Cicatelli Associates, Inc. (CAI); The Cullen Foundation; NYS Office of Addiction Services & Supports; NYS/DOH/Office of Minority Health; Noyes Foundation; as well as businesses, foundations and caring individuals.