



NACS NEWS

*A Tradition
of Caring*

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

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Music: The Rhythm Of Life!

submitted by George T. Ghosen, Editor

(Editor's note: I have been listening to music for as long as I can remember. I used to play and listen and sing-along with my mom's record collection back in the early 60's. She had a varied taste in music herself which included popular, folk, jazz, easy listening and some exotic musings. I adopted the same taste in music. Then, suddenly, there were The Beatles. My whole world changed in 1964 as did the music scene. In 1966, I received my first guitar. The first song I learned was The Animal's "House Of The Rising Sun." It launched a life-long love of playing and listening and learning music. So, I can attest that music definitely has healing power. It helped get me through the tough times of my childhood to my adulthood.

Today, if you think about it, music is everywhere. It is ingrained in our society and has roots from the various cultures from around the world. From our radios to stadiums, it is a metaphysical experience that can be shared with one person or thousands. I still enjoy going to concerts and listening to some of my favorite local artists like Grosh and The Jeremy Keyes Band or some more

world-renowned performers like George Strait and Metallica. Overall, music is an underlying force in my life. So, whenever you are able, TURN IT UP!

The Healing Power of Music

By Shilagh Mirgain, Health Psychologist, University of Wisconsin, May, 2019

It's been called many things – the universal language, a great healer, even a reflection of the divine. While there's little doubt about the power of music, research now shows us just how powerful it can be.

"Across the history of time, music has been used in all cultures for healing and medicine," said health psychologist Shilagh Mirgain, PhD. "Every culture has found the importance of creating and listening to music. Even Hippocrates believed music was deeply intertwined with the medical arts."

Scientific evidence suggests that music can have a profound effect on individuals – from helping improve the recovery of motor and cogni-

tive function in stroke patients, reducing symptoms of depression in patients suffering from dementia, even helping patients undergoing surgery to experience less pain and heal faster. And, of course, it can be therapeutic.

"Music therapy is an established form of therapy to help individuals address physical, emotional, cognitive and social needs," said Mirgain. "Music helps reduce heart rate, lower blood pressure and cortisol in the body. It eases anxiety and can help improve mood."

Music is often in the background just about anywhere we go – whether at a restaurant or the store. But Mirgain offers some tips to help use music intentionally to relax, ease stress and even boost moods:

Be aware of the sound environment

Some restaurants use music as a way of subtly encouraging people to eat faster so there is greater turnover. If you're looking for a location to have a meeting, or even a personal discussion that could be stressful, keep in mind that noisy environments featuring

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gghosen@nacswny.org

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lively music can actually increase stress and tension.

Use it to boost your energy

On the other hand, when you need energy levels to be up – like when exercising, cleaning or even giving a presentation – upbeat music can give you the lift you need. Consider using music when you're getting ready in the morning as a way to get your day off on the right beat.

Improve sleep

Listening to classical or relaxing music an hour before bedtime can help create a sense of relaxation and lead to improved sleep.

Calm road rage

Listening to music you enjoy can help you feel less frustrated with traffic and could even make you a safer driver.

Improve your mental game

Playing an instrument can actually help your brain function better. Faster reaction times, better long-term memory, even improved alertness are just a few of the ways playing music can help. Studies have also shown that children who learn to play music do better at math and have improved language skills.

Reduce medical anxiety

Feeling stressed about an upcoming medical procedure? Consider using music to calm those jitters. Put your ear buds in and listening to your favorite tunes while sitting in the waiting room can ease anticipatory anxiety before a medical procedure, such as a dental procedure, MRI or injection. Ask your health care provider if music is available to be played in the room during certain procedures, like a colonoscopy, mammogram or even a cavity filling. Using music in these situations distracts your mind, provides a positive

experience and can improve your medical outcome.

Music as Medicine

By Johns Hopkins Center for Music and Medicine

Though acknowledging the role of music in addressing illness is not new, recent research is illuminating how music affects the brain and other body systems in a measurable way.

Using that knowledge, practitioners can now integrate music with medicine to augment healing. The Center for Music & Medicine is continuing to expand research on the effect of music on neurological diseases such as Parkinson's disease, Alzheimer's disease, epilepsy and stroke.

A recent study conducted at Johns Hopkins found that group singing improved quality of life and voice strength and clarity in patients with Parkinson's disease. Patients have continued singing weekly in the community, an endeavor also supported by the Johns Hopkins [Parkinson's Disease and Movement Disorders Center](#).

“Music has been an integral part of the human experience as long as humanity has been around. It's been intuitively felt to have healing properties, but now we are in a position to study the mechanisms and optimize music-based interventions.”

-- Alexander Pantelyat, M.D., director of the Center for Music & Medicine --

The Power of Music: How it Can Benefit Health

By Honor Whiteman, [Medical News Today](#), November, 2015

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We can all think of at least one song that, when we hear it, triggers an emotional response. It might be a song that accompanied the first dance at your wedding, for example, or a song that reminds you of a difficult break-up or the loss of a loved one.

“We have a such a deep connection to music because it is ‘hardwired’ in our brains and bodies,” Barbara Else, senior advisor of policy and research at the American Music Therapy Association told Medical News Today. “The elements of music – rhythm, melody, etc. – are echoed in our physiology, functioning and being.”

Given the deep connection we have with music, it is perhaps unsurprising that numerous studies have shown it can benefit our mental health. A 2011 study by researchers from McGill University in Canada found that listening to music increases the amount of dopamine produced in the brain – a mood-enhancing chemical, making it a feasible treatment for depression.

And earlier this year, MNT reported on a study published in The Lancet Psychiatry that suggested listening to hip-hop music – particularly that from Kendrick Lamar – may help individuals to understand mental health disorders.

But increasingly, researchers are finding that the health benefits of music may go beyond mental health, and as a result, some health experts are calling for music therapy to be more widely incorporated into health care settings.

In this Spotlight, we take a closer look at some of the potential health benefits of music and look at whether, for some conditions, music could be used to improve – or even replace – current treatment strategies.

Reducing pain and anxiety

Bob Marley once sang: “One good thing about music, when it hits you feel no pain.” According to some studies, this statement may ring true.

Earlier this year, MNT reported on a study led by Brunel University in the UK that suggested music may reduce pain and anxiety for patients who have undergone surgery.

An effective stress reliever

When feeling stressed, you may find listening to your favorite music makes you feel better – and there are numerous studies that support this effect.

A study reported by MNT last month, for example, found that infants remained calmer for longer when they were played music rather than spoken to – even when speech involved baby talk.

The study researchers, including Prof. Isabelle Peretz of the Center for Research on Brain, Music and Language at the University of Montreal in Canada, suggested the repetitive pattern of the music the infants listened to reduced distress, possibly by promoting “entrainment” – the ability of the body’s internal rhythms to synchronize with external

rhythms, pulses or beats.

Music and memory

Certain songs have the ability to remind us of certain periods or events in our lives – some that make us smile, and some we would rather forget.

With this in mind, researchers are increasingly investigating whether music may aid memory recall.

Helping recover brain injury, treat seizures

Increasingly, research is indicating that music can help aid recovery from brain injury – such as that from stroke.

A 2008 study conducted by researchers from the University of Helsinki in Finland found that stroke patients who listened to music for around 2 hours daily had better verbal memory and attention and a more positive mood than those who listened to an audio book or nothing at all.

What is more, studies have shown that music may aid speech recovery following stroke. One study conducted in 2013 by researchers from Korea, for example, found that stroke patients who developed communication problems after stroke demonstrated improved language ability following 1 month of neurologic music therapy Trusted Source.

It has also been suggested that music may help treat epilepsy – a brain disorder characterized by the occurrence of seizures. Reported by MNT in August, a study found the brains of patients with epilepsy

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show different responses to music than the brains of those without the condition.

Conducted by Christine Charyton, of The Ohio State University Wexner Medical Center, and colleagues, the study found the brains of people with epilepsy showed greater synchronization in response to music – a “surprising” finding.

“Persons with epilepsy synchronize before a seizure. However, in our study, patients with epilepsy synchronized to the music without having a seizure,” Charyton told us.

These results, Charyton said, could lead to a novel treatment strategy for epilepsy. “Persons with epilepsy may use the music to relax; stress causes seizures to occur,” she explained. “By listening to the music, many patients reported that they felt relaxed.”

Music therapy should be utilized more in health care set-

tings

Based on the substantial evidence that music offers numerous health benefits, many experts are calling for greater utilization of music therapy within health care settings.

“Music therapists are poised and ready to assess, deliver and document music therapy treatment but also to consult with our colleagues (physicians, nurses, physiotherapists physical, occupational therapists, speech-language pathologists, etc.) to support the patient as part of the interdisciplinary team and care of the patient,” Else told MNT.

In addition, Else believes that music therapy could offer an alternative treatment option for some conditions – such as tension headaches.

“A more complicated case example I can think of, although more rare, is for certain persons who experience

seizure activity associated with music and auditory exposures – often high-frequency sounds and rhythmic intensity,” she said.

“Customized music therapy interventions to cope with the offending acoustic exposures can support stabilization of the patient’s symptoms and may, in turn, result in a medication reduction or taper,” she continued.

Based on the research to date, there is certainly evidence that we have much more than just an emotional connection with music. So the next time you put on your favorite track, have a little dance around safe in the knowledge that you are likely to be reaping some health benefits.

Resources:

[University of Wisconsin Johns Hopkins Center for Music and Medicine](#)
[Medical News Today](#)

The Healing Nature of the Drum

submitted by George T. Ghosen, Editor

Drums can mimic speech, issue battle orders, maintain rhythm in a jazz performance, or invite friends to gather. They can be made of natural or synthetic materials and take a form as simple as a hollowed-out log or as flashy as a glittery red snare in a 16-piece [drum] kit.

The drum is one of the oldest communication tools. It was used for two-way communication long before the advent of the telephone and sends an immediate message to anybody who can hear it.

Rhythm and sound are undeniably crucial to every culture in the world; think about how great it feels to jam out to the groove of your favorite song.

If you’ve never been to a drum circle or powwow, you need to check one out. There is nothing like the feeling of a drumbeat transporting you to another world. The drumbeat represents the beating of the Great Mother Earth’s heart.

Native Americans are drumbeat lovers. The chants and the songs that go along with drumming bring

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people together, creating an ideal environment for passing stories. Indigenous people played drums in powwows (celebratory gatherings), religious ceremonies, and spiritual events for thousands of years.

The history of the use of drums by Native Americans is so vast that one can't pinpoint when they were made or used for the first time - even the archaeological evidence talks of thousands of years.

The Drum as a Circle

For Indigenous people in present-day British Columbia (and anywhere else), drums are more than communication tools and musical instruments; they are tools for a lifelong connection to and relationship with all living things and the Creator.

Many drum teachings by First Nations in BC use the circle to represent balance and equality, wholeness and connection. The circle is unbroken and made of equal, connected, and infinite points. The Creator is the center, around which all living things - including humans, sit. Each animal, plant, and human is the same distance from this center and has a unique and direct connection to it. The drum voices our connection to all creation when we drum and strengthens our connection to each other when we drum together.

Circular drums are made by stretching an animal hide over a wooden frame that can be small enough to fit in a child's hand or large enough to seat a six-member host drum at powwow. There are also different traditions. For example, the Tsimshian and Kwakwaka'wakw also make and play box drums, which are rectangular.

The Healing Potential of Drums

Cultures like the Ashanti of West Africa and the many indigenous tribes of North and South America recognize the drum as an instrument of spiritual healing. Drums provide safe passage for our trapped suffering, allowing us to communicate feelings, fears, doubts, and desires that cannot be captured by mere words.



What is the Theta Rhythm of Medicine Drumming?

"Medicine Drumming uses the Theta Rhythm, which is a fast-paced, 5 beats per second rhythm, capable of profoundly improving brain states. Indigenous Drummers have intuitively used this rhythm for healing and Contemporary science agrees. The two hemispheres of the human brain often operate at different levels and at different rates. The steady beat of Theta drumming is a powerful tool for brain health because, by the very nature of its constant rhythm, it permeates the entire brain, bringing both hemispheres into rhythmic balance. This is significant, because that balance is exceedingly hard to come by in modern day life, and brings with it deep healing. After 20 minutes of listening to (or actually playing) the THETA RHYTHM on a drum, you will feel more focused, relaxed, and present as if you had been meditating for years. The Drum truly is a medicine that heals.

Sound healing has been used for centuries and been utilized in various forms by cultures the world over. From Pythagoras, who is thought to be the first person to describe music as medicine as far back as 600 B.C, to modern board-certified sound-healing technicians, rhythm and harmony have been healing the human body, mind, and spirit throughout the ages.

Why is Drumming So Effective?

"The drum has the capacity to release negative feelings-of which stress is clearly one."

--Robert Lawrence Friedman--

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In his breakthrough book, The Healing Power of the Drum, psychotherapist and drum facilitator, Robert Lawrence Friedman, shares the following benefits of hand-drumming and its ability to heal the body, mind and spirit.

"In this century, when we seem to be moving farther and farther away from ourselves and our deeper needs, the drum, through its simplicity, effortlessness and naturalism, offers us a link back to that which we knew before technology separated us from our soul.



Through providing a channel back to our deeper nature, the drum concurrently provides those who use it with a link to others. The drum seems to have the capacity to unite all individuals who choose to experience it together. Despite race, religion, color, creed, background, or ideology, all are joined together through this ancient instrument's calling. The drum, therefore, becomes a vehicle for transporting all who utilize it, across all boundaries, to an experience of wholeness and community.

The drum touches that part of us that knows nothing of cell phones, faxes and deadlines. This part of us to which the drum speaks knows only inner peace, self-expression, and that which is our very basic life force. Drumming creates an island in time, where all else is shut out except the rhythms that issue forth from your fingertips at your pace, expressing your feelings at that present moment. Is it any wonder our souls hunger for it? The only wonder is that a need so vital could be supplied by a vehicle so simple: the drum." -- Robert Lawrence Friedman --

What Are the Benefits of Theta Waves?

"Of the 5 frequencies (beta, alpha, theta, delta & gamma) that our brain experiences, the theta brain-wave range is the one in which the body and mind's natural self-healing processes are activated and optimized." --Graham Boulton--

In Graham Boulton's August 19, 2019, article about Generating Theta Brainwaves for Healing, he says that when Theta brainwaves are induced through entrainment (like our Theta Rhythm Movies), they lower stress and anxiety levels, as well as facilitate healing and growth. Theta waves are the only brainwaves that enable us to access the power and wisdom of our unconscious mind, which is normally inaccessible in more alert states.

Benefits of Stimulating Our Brain with Theta Brainwaves:

1. Mind and Body Healing

During theta brainwave activity, both the body and mind experience enhanced rejuvenation, growth, and healing. Due to the deep levels of relaxation that theta brainwaves facilitate, the body and mind are easily able to restore themselves during and after illness, as well as after mental burnout and physical exertion.

2. Boosted Immune System

Increasing your theta brainwaves helps to optimize your immune system's function due to the fact that theta brainwaves are associated with vitality and the elimination of stress. Stress and anxiety can do harm to the immune system by releasing a surplus of harmful chemicals such as adrenaline and the hormone cortisol which in oversupply are damaging to the immune system. Theta brainwaves activate the release of pleasant chemicals and neurotransmitters to help keep your immune system at its peak.

3. Deep Levels of Relaxation

Theta brainwaves are most common during sleep, deep meditation, self-hypnosis and amongst young children. Through entraining your brain to theta rhythm, you can access pleasantly relaxed

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states that are rare amongst adults during daily routines.

4. Stress and Anxiety Reduction

Theta brainwave entrainment causes deep mental and physical relaxation, which in turn reduces stress and anxiety levels.

5. Intuition Increase

Through accessing theta brainwaves, your intuition will increase as well as your ability to identify “gut” feelings. In other words, your ability to ‘see’ and ‘hear’ outside the borders of the physical senses expands, and therefore your perception of reality expands too. Through training your brain with meditation, self-hypnosis or brain entrainment, you awaken your deeper intelligence, also known as the ‘inner genius’.

6. Subconscious Connection

Theta brainwaves allow you to connect deeply with your unconscious mind (subconscious). Your unconscious mind is the collective intelligence of all cells in your body. It regulates all your autonomic body functions. It houses your emotions, imagination, memory, habits, intuition, and is your personal pathway to even more subtle levels of consciousness.

7. Ability to Program Your Subconscious Mind

Meaningful personal transformation results from a shift in the unconscious mind. The only way to reach and change major set beliefs and emotional responses of the unconscious mind is through hypnosis or theta brainwave entrainment. Through self-hypnosis or theta brain entrainment, you can access the unconscious mind for the purpose of facilitating core healing and change. Therefore, theta brainwave entrainment is a great resource for both Hypnotherapists as well as those using self-hypnosis. The use of affirmations, mental imagery and hypnotic suggestion is far more effective when your brain is in theta rhythm. In this state you bypass your conscious mind that often acts as a “filter” and prevents you from changing your unwanted thought and behavior patterns. Through being deeply relaxed, your unconscious mind accepts any healing related statements or mental pictures that you give it, without question, and begins to act on it immediately. Therefore, it’s easier to clear any thought and behavior patterns that you may want to change, and to install new, desirable thinking and attitudes as part of your personal development and growth.

8. High Levels of Creativity

Theta brainwave dominance is often found in highly creative individuals. Many talented musicians, inventors, and artists are found to have extremely higher than average amounts of theta brainwaves. Through entraining theta brainwaves your creativity will be enhanced.

9. Advanced Problem-Solving Skills

Theta brain waves help you to overcome “mental blocks” and enable you to access the FLOW state. The inability to solve problems is related to your inability to change your mental state. Inducing theta brainwaves changes your mental state and thereby offers new levels of thought and perception that enable you to approach any problem with greater resourcefulness. Theta brainwaves have also been associated with the ability to “hyperfocus” which means staying intensely focused and motivated with one idea.

10. Increase of the Learning Ability

It has been said that as your brain enters the frequencies of the theta range, you will be able to retain over 300% more information than you can while in your normal daily (beta brainwave) state. Theta brainwaves allow people to learn large amounts of information in a much quicker time than beta brainwave state. Research has been done on language learning and development, claiming

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that the reason why children are able to pick up new languages so quickly is because of their increased amount of theta brainwaves. Adults and students of a new foreign language may greatly benefit from shifting their brainwaves to the theta range.

11. Improve Long-Term Memory

As theta brainwaves increase, the ability of the brain to recall and store long-term memories increases. The hippocampus, a part of the brain involved in storing and processing memories, normally has a theta brainwave rhythm. With increasing levels of stress, beta brainwaves 'disrupt' the hippocampus. This is why stressed people often have a poor ability to recall long-term memories. One of the reasons why Hypnotherapy is effective is because clients, through having theta brainwaves induced, are able to recall "forgotten memories" as part of certain healing processes.

12. Emotional Connection

Theta brainwaves are associated with your ability to feel emotions. Blocked or suppressed emotions can be experienced when theta brainwaves are stimulated. In this way you can learn to feel and understand your emotions better.

13. Bridges the Spiritual Connection

Many consider the peaceful and blissful state associated with theta brainwaves to be the bridge between the physical body and the spiritual realms. In the theta brainwave rhythm people sense a deep spiritual connection. According to some, the theta brainwave range provides enhanced spiritual awareness and profound insight. Many spiritual experiences and phenomena are commonly experienced in the theta brainwave state.

**To learn more about brainwave rhythms, go to this excellent article in the Neuroscience section of Scientific American: [WHAT IS THE FUNCTION OF THE VARIOUS BRAINWAVES?](#)*

Drum

The drum is the center of Native music making. Drums can symbolize the circle of life, the heartbeat of the Earth, and have their own spirit. Types of drums include the powwow drum, frame drum, sweat lodge drum, water drum, ocean drum, and foot drum.

In the setting of a powwow ceremony, drumming groups (known as Drums) may perform multiple songs to support singing and dancing. The drummers sit around the powwow drum to create the beat together, played with beaters (also known as mallets). Traditionally, drum groups were composed of male singers, though these gender roles are beginning to open up. The Drums lead particular songs during Powwow activities, specific to nation and region. Other drums, such as the frame drum or hoop drum, can be played by hand or with a mallet, and support the powwow drumming during a ceremony (Hoefnagels, 2016). This overarching description comes from First Nation practices; keep in mind each nation will have their own specific practicing customs.

Both the gathering drums and hand drums are appropriate for music therapy purposes, primarily during group activities. Group drumming and rhythmic entrainment promote wellness, social awareness/socialization, motor planning, verbal and non-verbal communication, sensory processing and regulation, individual expression, cognitive rehabilitation, relaxation, belonging, improved mood, and more. Drumming supports people of any age, any background, and at any level of ability/disability. Group music-making can address clinical goal areas, such as general wellness, stress relief, motor movement, socialization, and relaxation. One-on-one drumming still provides similar benefits. Examples of music therapy drumming activities include creating the basic beat, solos, call and response, leading & following, expressing emotions, and motor planning (such as grasping and aiming).

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Using music to heal cultural wounds.

Indigenous music can speak to topics such as the 60's Scoop¹ or Residential School trauma in a way that communicates experience while also creating space for deep healing. Indigenous artists such as Edward Gamblin, Nakoa Heavyrunner, and Misha Donovan all use their music to discuss and call attention to these topics. Regardless of the genre, music plays an integral role in the healing of complicated and intergenerational wounds.

Indigenous music as medicine.

Indigenous music is often used in healing ways. As Brenda Macintyre (Medicine Song Woman), writes, "Indigenous medicine songs hold boundless healing power." For example, the Native-American flute is often used in music therapy, yoga, and other meditation practices around the world! We've written about the Native-American flute, and we invite you to learn more about this flute and what makes it so special. This style of flute utilizes a pentatonic minor scale and these sounds have been shown to greatly reduce stress. Drums and singing are also considered medicinal and are often used in healing spaces. Music can be used to work through grief and trauma as well as encourage joy and celebrate important events.



3 Indigenous albums for meditation & healing:

Little Island Cree – Healing Our Spirit
Spiritual Medicine – A Collection of Peyote Songs
Sakoietā Widrick – By Sacred Waters

(Editors Note: Music is the spice of life. Whether you're a casual listener or an avid concertgoer, music, especially the drumbeats, move our souls. At socials, pow wows, or mosh pits, the urge to move and dance and mimic the movements of the performers can be unstoppable. If you've ever been to a Rush concert, you've experienced one of the finest drummers in rock annals – Neil Peart. On those occasions, I've watched as hundreds of Rush fans "air-drummed" to the beat of the songs. I'm surely one of those hundreds. But, even at home, listening to the music has surely driven myself and others to drum along to the beat. The power of music helps us to experience emotions, remember past loves, get up and dance, and put us in a state of elation. And, as the experts tell us, the power to heal! So, keep listening, keep dancing, keep singing and share the love of music with the people you love.)

Here's 10 quotes from some notable people about the power of music:

1. "Life is about rhythm. We vibrate, our hearts are pumping blood, we are a rhythm machine, that's what we are." - Mickey Hart
2. "The best music is essentially there to provide you something to face the world with." - Bruce Springsteen
3. "I've always said music should make you laugh, make you cry or make you think." - Kenny Rogers
4. "One good thing about music, when it hits you, you feel no pain." - Bob Marley
5. "Music is your own experience, your thoughts, your wisdom. If you don't live it, it won't come out of your horn." - Charlie Parker
6. "Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." - Plato
7. "If I were not a physicist, I would probably be a musician. I often think in music. I live my day-dreams in music. I see my life in terms of music." — Albert Einstein
8. "That's one of the great things about music. You can sing a song to 85,000 people and they'll sing it back for 85,000 different reasons." — Dave Grohl

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9. “The reality is that my style of drumming is largely an athletic undertaking, and it does not pain me to realize that, like all athletes, there comes a time to... take yourself out of the game.” – Neil Peart

10. The song and the drumming were like this: Behold, a sacred voice is calling you; All over the sky a sacred voice is calling. - Black Elk

(¹The “60’s Scoop” refers to the large-scale removal or “scooping” of Indigenous children from their homes, communities and families of birth through the 1960s, and their subsequent adoption into predominantly non-Indigenous, middle-class families across the United States and Canada. This experience left many adoptees with a lost sense of cultural identity. The physical and emotional separation from their birth families continues to affect adult adoptees and Indigenous communities to this day.)

Resources:

- [Indigenous Tourism BC](#)
- [Drumming Review](#)
- [Drum Medicine](#)
- [MusicWorx](#)

NATIVE AMERICAN COMMUNITY SERVICES



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Community Events

Tift Nature Preserve

1200 Fuhrmann Blvd
Buffalo NY 14203
716-825-6397

Dates: 8/3, 8/10, 8/17, 8/24, 8/31
Time: 10am-12pm

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

Tift Nature Preserve: All day Tift Trails Adventures

1200 Fuhrmann Blvd
Buffalo NY 14203
716-825-6397

Dates: 8/12
Time: 9:30-2:30pm

Ready to hike almost all Tift's trails in a single day? Grab your day pack & a comfortable pair of shoes to be guided on almost every trail at Tift. We'll walk through woodlands, wetlands, and grasslands. Bring your own lunch for a 30-minute break in the center. Healthy light refreshments provided. This tour is for guests with the endurance to walk all day at casual pace on a few miles of mostly flat but some sloped trails. Advance registration requires. Ages 12 & up \$15.

Tift Nature Preserve: Family Fish Night

1200 Fuhrmann Blvd
Buffalo NY 14203
716-825-6397

Dates: 8/16
Time 6-7:30pm

Join in a sunset fishing experience off the Lake Kirsty fishing pier. Instruction, bait, and rods are available for children ages 5-15 to borrow.

Niagara Falls State Park: Fireworks at the Falls

332 Prospect Street
Niagara Falls, NY, 14303

Continuing every night through October 9th, 2023, Fireworks will make their highly anticipated return with spectacular displays over the falls. The majestic Niagara Falls are also illuminated every night of the year, making the destination among the worlds best places to see firework displays. Prospect point is a good place to view the fireworks and the displays will begin at 10pm weather permitting.

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*Explore & More- The
Ralph C. Wilson Jr.
Childrens Museum: Free
Play Fridays*

130 Main Street
Buffalo, NY, 14202
Date: 8/4, 8/11, 8/18, 8/25

Let's have some fun in the sun this summer as we play and make friends! Free play Fridays take place rain or shine at pierce lawn Canalside from 11am-1pm.

Registration is not required.

8/4- Fun is in the air- An intro to tennis.

8/11- "Teamwork makes the dream work" w/ Relay races, obstacle courses & Cooperative learning games.

8/18- Crazy Kickball

8/25- Super soccer shots

*Niagara Falls State
Park: Niagara Falls
Underground Railroad
Heritage Center*

825 Depot Avenue West
Niagara Falls, NY, 14305
716-278-0337
Dates: 8/5, 8/12, 8/19, 8/26,

Join the Niagara Falls underground railroad heritage center for a series of amazing and informative hikes through the Niagara Falls area through history! These all-immersive freedom walking tours are guided by one of the centers visitors' experiences specialists & will explore the area formerly known as suspension bridge village. Visitors get to learn about the communities that championed activism – from the underground railroad through today. Walking tours last 45-60 minutes rain or shine and begin and end at the heritage center.



NACS' ERIE & NIAGARA YOUTH CLUBHOUSES



NOW OPEN

Please follow us on Instagram @nacs_clubhouse for updates on when we are open.

NACS Youth Clubhouse is an alcohol & drug free space for Native youth ages 13-18 years old!

*Native youth are welcome to join our **drop-in** nights. The clubhouses will be open 3-6pm. More info coming soon!*

Clubhouse locations:
Buffalo: 1005 Grant St.
Niagara Falls: 1522 Main St.



**POOLTABLE
DARTS
GAMES
SNACKS
FIELDTRIPS**



POSITIVE OUTLETS!

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



YOUTH HANGOUTS!

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



IMPACT YOUR COMMUNITY!

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

**FOR MORE INFO:
CALL OR TEXT**

716-983-1251

OR EMAIL STAR AT:

SWHEELER@NACSWNY.ORG



Check us out on Insta
[nacs_clubhouse](https://www.instagram.com/nacs_clubhouse)



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



Native American Community Services Program Offerings through the Stages of Life Empowerment (SOLE) Program



The following programs can be conducted throughout a variety of venues in **Erie and Niagara Counties** for FREE, including but not limited to schools, youth programs, family nights, parent events, etc. Please contact **SOLE Program Director Simone Alston** at **716-983-2564** or sshuster@nacswny.org for more information.

All programs can be adapted to meet your group's specific needs

Target Population	Program Name	Program Description	Implementation Guidelines
EVIDENCE-BASED CURRICULA FOR YOUTH			
<i>*These curricula have undergone rigorous scientific evaluations that have shown their effectiveness*</i>			
<i>*Ask about our other Evidence Based Programs*</i>			
Youth, Ages 11-13	<i>Making Proud Choices!</i>	Evidence-Based Curriculum that provides youth with a comprehensive approach to gain the confidence and skills necessary to reduce their risk of sexually transmitted infections (STIs), HIV and pregnancy.	-Eight, 50 minute sessions -Out-of-school setting
Youth, Ages 13-18	<i>Be Proud! Be Responsible!</i>	Evidence-Based Curriculum that provides youth with a comprehensive approach to gain the knowledge, motivation and skills necessary to change their behaviors in ways that will reduce their risk of sexually transmitted infections (STIs), HIV and pregnancy.	-Seven 50 minute sessions -In Various settings
YOUTH WORKSHOPS			
<i>*Workshops Available upon request: Financial Budgeting, Effective communication, Barrier Demonstrations, Consent, etc.*</i>			
Youth, Ages 10-18	<i>A Youth's Guide to Adolescent Development</i>	Helps youth understand the changes they undergo during adolescence, and pays special attention to developing one's positive identity, building a strong self-esteem, fostering a healthy body image and encourages respect for racial and ethnic diversity.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	<i>Female Puberty: We All Go Through It!</i>	Walks young females through the biological changes they will encounter during puberty with special attention on anatomy, hygiene and menstruation. <i>*Recommended workshop prior to Evidence-Based Curricula*</i>	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	<i>Male Puberty: What to Expect</i>	Walks young males through the biological changes they will encounter during puberty with special attention to one's anatomy and hygiene. <i>*Recommended workshop prior to Evidence-Based Curricula*</i>	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	<i>A Youth's Guide to Healthy Relationships</i>	Allows youth to explore the basics of healthy relationships (romantic and platonic) and provides insight to keep their current relationships healthy.	-Approximately one 45 minute session - Various settings
Youth, Ages 10-18	<i>Safer Sext: Online Safety, Privacy, and Digital Intimacy</i>	Offers youth helpful tips about safe social media, as they begin to use social media more frequently highlighting the consequences of sexting, sexual harassment, and cyber bullying.	-Approximately one 45 minute session - Various settings
Youth, Ages 10-18	<i>Skills for a Healthy Life</i>	Focuses on the importance of healthy life skills, as they are the building blocks for overall health and wellness. Special attention is paid to decision making skills, interpersonal skills and stress management.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	<i>You Have Rights: Minors' Rights to Reproductive Health Care</i>	Provides an overview of minors' rights in accessing sexual and reproductive health care services in New York State. Many youth are unaware that they do not need parental consent to receive these services.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	<i>A Youth's Guide to Boundaries</i>	Offers youth the helpful tools to establish consent and create and enforce boundaries in a relationship.	-Approximately one 45 minute session -Various settings

Funded by Native American Community Services, businesses, foundations, and caring individuals.

Continued on Page 15

Youth, Ages 10-18	A Youth's Guide to Anti-Bullying	Allows youth to explore types of bullying and provides insight to its consequences.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	Period Care	Offers insight to what to expect throughout menstruation, as well as personal hygiene.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	Budgeting	Allows youth to brainstorm ways to reduce spending and discuss the purpose of saving.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	LGBTQ Cultural Competency	Explores inclusive ways to talk about sex, gender, and sexual orientation while exploring terminology and concepts within LGBTQ populations.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	Clinic Tours Clinic Transportation	This is an opportunity for youth to receive free scheduled tours and education of their local reproductive health clinics and facilities in order to reduce any associated stigma with receiving services. We pick you and your youth group up and drop you off! We offer (youth) group's transportation to and from clinics and health care facilities for appointments in order to eliminate obstacles that prevent youth from being healthy.	-Groups of 5 or more -Approximately one-two hours -By Request only-Call for further info. -In clinic setting

Adult workshops available upon request, please contact for more information



Peer Educators Empowering People

Please contact Laura Gugliuzza, lgugliuzza@nacswny.org, to apply or for more information.

- **Peer Mentoring Program:** The Peer Mentoring Program selects 6 high school students, ages 14-18, from Erie and Niagara counties through an interview process. Our Peer Educators work to connect with their communities, lead and assist workshops, and develop personal and professional skills through events, outreach, and trainings.
- **Peer to Peer Workshops:** Our peer educators are available to lead any of the youth workshops offered by the SOLE program.
- **PSA viewing and discussion:** Our peer educators have written and starred in their own series of PSA videos on a variety of topics related to healthy living. The Peer Educators are available to lead discussions on these videos, which include topics of bullying, microaggressions, STDs, pregnancy, communication, condom use, suicide prevention, and many more!



MOCA is a participatory, discussion-based program, developed by our Peer Educators, which aims to provide teens the knowledge, skills, and confidence to make responsible decisions regarding sexual health, understand identities, and empower their peers to do the same. This program consists of a series of 6 discussion sessions and clinic tour.

Condom Availability Program

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

Period Pouch Program

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

Social Media



Funded by Native American Community Services, businesses, foundations, and caring individuals.

WORKFORCE DEVELOPMENT SERVICES



A Tradition of Caring

Services we provide:

- ⇒ Case management/career counseling
- ⇒ Job search and placement assistance
- ⇒ Assistance in identifying employment barriers
- ⇒ Occupational skills training/skills upgrade
- ⇒ Interview preparation
- ⇒ Resume writing assistance
- ⇒ Educational resources and information
- ⇒ Resources for entrepreneurs
- ⇒ Referrals and Linkages to other services
- ⇒ Status card/Tribal documentation assistance

Funding Available to Eligible Native Americans for:

- * Work Experience Positions
- * On-the-job Training
- * Tuition/Books/Educational Support
- * Work Clothes/Tools
- * Training/Certification Programs
- * Other Supportive Services

For more information and/or
to make an appointment, contact:
Native American Community Services

Buffalo Office
716-574-9731

Rochester Office
585-514-3984

Syracuse Office
315-322-8754

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

Counties we serve:

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

Funded by the US Department of Labor

Native American Community Services Workforce Development Services



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

Services provided to eligible participants:

• Case Management related to workforce activities	• Educational resources and information
• Assistance in identifying barriers to employment	• Tuition/Book assistance
• Career counseling/exploration	• Entrepreneurial/small business technical assistance training information
• Job search and placement assistance	• Follow-up services
• 6-week work experience program	• Referral and linkage services
• Resume/Cover letters and interview assistance	• Status Card/Tribal documentation assistance
• Occupational skills training/Skills upgrade	• Supportive Services
• On-the-job training	• Supplemental Youth Services

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

- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ 14 years of age or older ❖ Reside on/off the reservation in our service area ❖ Native American, Alaska Native or Native Hawaiian ❖ Tribal documentation of enrollment in a federal or state recognized tribe | <ul style="list-style-type: none"> ❖ Males 18+ have registered with Selective Service ❖ Unemployed or under-employed ❖ Laid-off, furloughed or dislocated workers ❖ Veteran or Spouse of Veteran ❖ Meet all WIOA eligibility guidelines |
|---|--|

We provide these services to Native Americans living in the following counties of New York State:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Erie • Niagara • Orleans • Genesee • Wyoming • Livingston • Monroe • Wayne • Ontario | <ul style="list-style-type: none"> • Yates • Seneca • Cayuga • Oswego • Onondaga • Cortland • Oneida • Madison |
|--|--|

*Native American Community Services
1005 Grant Street, Buffalo, NY 14207
(716) 874-4460*

Food Pantry Guidelines

OPEN:

Tuesday 10:00am – 1:00pm

Wednesday 10:00am – 1:00pm



Required Documents:

- Must live in the [14207 or 14216](#) zip code
- Must have [Picture ID](#)
- Must have [ID for everyone](#) in household
- Must have [proof of address](#) (current utility bill)



*****If you are a NEW client you must come in before 12 noon*****

*****Please note that clients may come to the pantry one (1) time each calendar month and they may receive service from ONLY one (1) food pantry.*****



Our organization is here to provide families with a supplemental food base. These supplemental items, when combined with your own provisions, help stretch each family meal. We provide service for numerous families each month and strive to treat each client with fairness and respect. We appreciate your cooperation and understanding of our policies.

BEADWORK CONFERENCE 2023

Sept. 22nd - 24th

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

\$100 registration fee

\$109/night at host hotel

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

Group code: Beadwork
Conference

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

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



Job Posting

NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.
MICHAEL N. MARTIN, EXECUTIVE DIRECTOR

1005 Grant Street • Buffalo, NY 14207-2854 • (716) 874-4460 • Fax (716) 874-1874
1522 Main Street • Niagara Falls, NY 14305 • (716) 299-0914 • Fax (716) 299-0903
76 West Avenue • Lockport, NY 14094 • (716) 302-3035 • Fax (716) 302-3037
100 College Avenue, Suite 200 • Rochester, NY 14607 • (585) 514-3984
Syracuse Office: TBD

JOB POSTING

Equal Opportunity Employer

Position: Foster Care Director

Type: Salary / Exempt

Salary / Range: Negotiable

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

Summary

Incumbent is responsible for overseeing the coordination of the day-to-day operations of the Foster Care casework and homefinding programs and ensuring quality of service provision by the respective staff.

Incumbent will be flexible to evening and weekend schedules. All efforts will be performed with understanding of and in accordance with Good Mind principles, while adhering to principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES

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

QUALIFICATIONS, SKILLS, AND ABILITIES

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

For consideration send resume to: humanresources@nacswny.org

Job Posting



NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.

1005 Grant Street ● Buffalo, NY 14207-2854 ● (716) 874-4460 ● Fax (716) 874-1874
1522 Main Street ● Niagara Falls, NY 14305 ● (716) 299-0914 ● Fax (716) 299-0903
76 West Avenue ● Lockport, NY 14094 ● (716) 302-3035 ● Fax (716) 302-3037
100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984
Syracuse Office: TBD

Equal Opportunity Employer

Position: Family Preservation Caseworker

Type: Hourly / Non-Exempt

Salary/ Range: \$19.23 / hour

Offices: Erie & Niagara Counties (multiple open positions)

Summary :

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

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

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

EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study preferred, with experience in child welfare required.
- Knowledge of ICWA, ASFA, Federal and State regulations, as well as mandated reporting requirements.
- Must be able to work remotely and in-person and be flexible to evening and weekend hours.
- Must pass all background checks and pre-hire requirements.
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300K.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Interpersonal skills to work cooperatively and effectively with individuals, groups, and diverse populations.
- Knowledge of local Native American communities.
- Ability to become certified in CPR and First Aid
- Must be able to lift minimum of 30 lbs.
- Must be able to perform in a smoke-free environment.

ForConsideration: Send Resume to:

humanresources@nacswny.org

Job Posting - Erie County



NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.

1005 Grant Street ● Buffalo, NY 14207-2854 ● (716) 874-4460 ● Fax (716) 874-1874
1522 Main Street ● Niagara Falls, NY 14305 ● (716) 299-0914 ● Fax (716) 299-0903
76 West Avenue ● Lockport, NY 14094 ● (716) 302-3035 ● Fax (716) 302-3037
100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984
Syracuse Office: TBD

Equal Opportunity Employer

Position: Workforce Development Specialist

Type: Hourly / Non-Exempt

Salary/ Range: \$19.00 / hour

Office: Buffalo (Travel Required)

Summary :

The Workforce Development Specialist assists in planning and implementing goals and objectives of the Workforce Development Component as well as ensuring quality of service provision to clients. Incumbent will be flexible to evening and weekend schedules. All efforts will be performed with understanding of and in accordance with Good Mind Principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Conducts Initial intake and comprehensive testing to determine client eligibility and needs.
- Develops an Individual Employment Plan (IEP) with client.
- Develops and provides workshops to clients in such areas of academic, life skills, and technical areas.
- Keeps abreast of current trends in the local job market.
- Establishes an effective support network and provides referrals for clients.
- Attends and participates in weekly component staff and other required meetings.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.
- Develops an outreach action plan to successfully recruit and retain participants and employers into the program.
- Conducts outreach to academic entities, unions, coalitions, service providers, and other individuals/agencies to promote services, develop linkages, build network opportunities and advocate for issues in the Native American Community.
- Develops and nurtures relationships with employers for on-the-job training agreements and work experience opportunities for clients.
- Other duties as assigned

EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study preferred, with three (3) years' experience in workforce development including supervision and program management, or a combination of education and work experience
- Knowledge of local area service providers
- Must be able to work remotely and in-person
- Must pass all background checks and pre-hire requirements
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300K
- Intermediate computer skills and understanding of office applications including MS Office Suite
- Interpersonal skills to work cooperatively and effectively with individuals, groups, and diverse populations
- Knowledge of local Native American communities
- Must be able to lift minimum of 30 lbs.
- Must be able to perform in a smoke-free environment

For Consideration: Send Resume to:

humanresources@nacswny.org

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

Please share this newsletter with family, friends and co-workers. If you know of anyone who would like to receive NACS News monthly by email, please have them send their first and last name and current email address to:

gghosen@nacswny.org

You can also look for our newsletter on our website:
http://www.nacswny.org/news_and_events.html

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

Please accept my contribution of:

\$5 \$10 \$25 \$50
 \$100 Other: _____

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

Name

Address

City / State / Zip Code

Phone

Please add me to your mailing list!

Please detach and return to:

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

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