



# NACS NEWS

*A Tradition  
of Caring*

February 2022  
Volume 26, Issue 2

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

## February is Cancer Prevention Month

*By Rachel Nania, AARP, June 9, 2020*

*“Cancer affects 1 in 3 people in the United States. Chances are that you or someone you know has been affected by cancer. Here is some information to help you better understand what cancer is.*

*You are made up of trillions of cells that over your lifetime normally grow and divide as needed. When cells are abnormal or get old, they usually die. Cancer starts when something goes wrong in this process and your cells keep making new cells and the old or abnormal ones don't die when they should. As the cancer cells grow out of control, they can crowd out normal cells. This makes it hard for your body to work the way it should.*

*For many people, cancer can be treated successfully. In fact, more people than ever before lead full lives after cancer treatment.”*

*--American Cancer Society--*

Here are 10 ways you can reduce your risk for cancer, based on American Cancer Society (ACS) recommendations:

### **1. Aim for 300 minutes of moderate-intensity physical activity each week**

Guidelines from 2012 called for a minimum of 150 minutes of exercise each week. Now, experts say that more is better,

and that 300 minutes of weekly moderate-intensity activity (or just a little more than 40 minutes per day) is “optimal” when it comes to reducing cancer risks. If more intense workouts are your thing, strive for a weekly total of 75 to 150 minutes. Physical inactivity is linked to a number of cancers, including colon, female breast and endometrial (lining of the uterus) cancers.

### **2. Avoid alcohol**

Alcohol consumption is the cause of at least seven different types of cancer, including cancer of the pharynx, larynx and liver. Because of this, the ACS says “it is best not to drink alcohol.” Those who choose to drink should have no more than one drink per day for women and two drinks per day for men.

### **3. Limit or avoid red and processed meats**

Both have been linked to an increased risk for cancer; processed meats (think: hot dogs, sausages and bacon) were even classified as a carcinogen (something that causes cancer) by the World Health Organization's International Agency for Research on Cancer in 2015. Because of this, the ACS recommends opting for protein sources such as

fish, poultry and beans over red meat. Individuals who consume processed meat products should “do so sparingly, if at all.”

### **4. Maintain a healthy weight and avoid weight gain**

Science is shedding new light on the relationship between cancer and excess body weight, which is responsible for about 11 percent of cancer cases in women and about 5 percent in men in the U.S. That is why the latest guidelines emphasize that individuals keep their weight “within the healthy range and avoid weight gain” throughout adulthood. Doing so can reduce one's risk for a number of cancers, including those of the gallbladder, liver, kidney, pancreas, breast and more.

### **5. Adopt a healthy eating pattern**

Rather than focusing on specific nutrients, the new guidelines stress the importance of adopting “healthy dietary patterns” rich in plant-based foods (fruits, vegetables and legumes) and whole grains for cancer prevention.

### **6. Cut out sugar-sweetened beverages and heavily processed foods**

Both categories are associated with risk of weight gain and obesity, “which itself is considered a cause of 13 types of cancers,” the new guidelines note.

*(Continued on page 2)*

## **NATIVE AMERICAN COMMUNITY SERVICES**

### **Board of Directors:**

*President:*

Patrick Parker

*Vice-President:*

Carson Cooper

*Treasurer:*

Joanne Israel

*Secretary:*

Kelly Aquino

*Members:*

Timothy Ecklund

Lisa Marie Anselmi

Owen Herne

### **Administrative Staff:**

*Executive Director:*

Michael Martin,

*Director of Services:*

Tracy Zachariah

*Director of Operations:*

Melissa Schindler

*Financial Manager:*

TBD

### **Program Coordinators:**

**Adolescent Pregnancy Prevention**

Simone Alston

**Educational Achievement**

Amy Huff

**Economic Empowerment**

Colleen Casali (Interim)

**Family Preservation & Strengthening**

TBD

**Foster Care**

Tonya Sturup

**Special Initiatives**

Pete Hill

**Health & Wellness**

Star Wheeler

**Youth Services**

Shannon Hill

**Managed Care Services**

Anna Miller

**Community & Cultural Services**

Colleen Casali

### **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](mailto:gghosen@nacswny.org)

(Continued from page 1)

### **7. Limit sedentary behavior**

Conditions such as type 2 diabetes and cardiovascular disease have been associated with prolonged sitting time, and now experts are noting “accumulating” evidence linking sedentary behavior and cancer risk, separate from physical inactivity. Avoid sitting, lying down and watching television or other forms of screen-based entertainment for prolonged periods.

### **8. Don't smoke**

While this recommendation is not part of the latest guidelines focused on diet and exercise, it is a “super-important” part of cancer prevention, the ACS's Makaroff says. Smoking accounts for about 30 percent of cancer deaths in the U.S., including about 80 percent of lung cancer deaths, and is a risk factor for a number of other cancers, including mouth, esophagus and kidney cancer.

### **9. Stay on top of cancer screenings**

Also not included in the new guide-

## **COVID 19 and Cancer**

Coronaviruses are a large family of viruses that are common in people and many different species of animals. Four common coronaviruses cause the common cold; several other coronaviruses cause more serious disease. One of these is a novel (new) coronavirus that spreads from person to person and has caused a pandemic of respiratory disease. The virus has been named SARS-CoV-2, and the disease it causes has been named coronavirus disease 2019, which is abbreviated COVID-19.

COVID-19 has affected daily life around the globe, and the challenges it poses can be particularly difficult for people with cancer and their loved ones. Many patients have questions about COVID-19, how the public health emergency may affect their cancer care, and what NCI is doing to respond to the pandemic.

lines, but equally important in cancer prevention, is screening for the disease. Cancer screenings can detect abnormal cells before they become a problem. They can also find cancer early when it may be easier to treat. If your routine screenings have been delayed by the coronavirus pandemic, talk to your doctor about rescheduling your appointment. Makaroff also points to resources on the ACS website that can help you weigh the risks of resuming routine screenings.

### **10. Advocate for community action**

In addition to individual actions, communities play an important role in promoting cancer-prevention behaviors. Policies that make healthy foods more affordable and accessible, for example, make it easier for people to adopt better eating habits. Similarly, building safe and inviting access to parks, sidewalks and walking paths provides opportunities for physical activity.

The COVID-19 pandemic, caused by the SARS-CoV-2 virus, continues to have a serious impact on many people, including cancer patients, their families, and caregivers.

Vaccines (also called immunizations or vaccinations) are used to help a person's immune system recognize and protect the body against certain infections. Vaccines are available to help protect against COVID-19. Here we'll discuss some of the questions people with cancer (or with a history of cancer) might have about the COVID-19 vaccines.

**Many expert medical groups recommend that most patients with cancer or a history of cancer should get a COVID-19 vaccine. Since the situation for every person is different, it is best to dis-**

(Continued on page 3)

*(Continued from page 2)*

**cuss the risks and benefits of getting the COVID-19 vaccine with your cancer doctor, who can advise you.**

**Is it safe for cancer patients to get any type of vaccine?**

People with cancer (or with a history of cancer) can get some vaccines, but this depends on many factors, such as the type of vaccine, the type of cancer a person has (had), if they are still being treated for cancer, and if their immune system is working properly. Because of this, it's best to talk with your doctor before getting any type of vaccine.

**If I have cancer now or had it in the past, am I at higher risk of severe illness from COVID-19?**

If you have cancer, you have a higher risk of severe illness from COVID-19. Other factors that increase the risk for severe illness from COVID-19 include having a weakened immune system (being immunocompromised), older age, and other medical conditions.

People with blood cancers may be at higher risk of prolonged infection and death from COVID-19 than people with solid tumors. That is because patients with blood cancers often have abnormal or depleted levels of immune cells that produce antibodies against viruses.

NCI is conducting a large study of people with cancer who have COVID-19 to learn more about the risk factors for COVID-19 and to help doctors better manage treatment for people with cancer and COVID-19.

Having a history of cancer may increase your risk of severe illness from COVID-19. People who have been treated for cancer in the past may want to dis-

cuss their concerns about COVID-19 with their doctors.

**If I have cancer now or had it in the past, should I get a COVID-19 vaccine?**

The Centers for Disease Control (CDC) and Prevention recommends that everyone 5 years and older get a primary COVID-19 vaccine series. That includes most people with underlying medical conditions, including cancer.

A primary vaccine series can be one of the following:

- two doses of Pfizer-BioNTech vaccine
- two doses of Moderna vaccine
- one dose of Johnson & Johnson's Janssen vaccine

If you recently received cancer treatment that suppresses the immune system - such as chemotherapy, a stem cell or bone marrow transplant, or cell therapy - your doctor may suggest that you wait until your immune system has recovered before you get vaccinated. Or your doctor may suggest that you wait a few weeks after vaccination to get immunosuppressive treatment.

CDC also recommends some people get an additional vaccine dose and/or a booster shot.

To help protect people with cancer from COVID-19, it is important that their family members, loved ones, and caregivers get vaccinated. The COVID-19 vaccines are highly effective at preventing severe disease and death from all variants that have emerged so far. In areas where the virus is spreading quickly, wearing a mask in

public indoor spaces and social distancing will also help protect vulnerable people and prevent the spread of the virus.

**COVID-19 Vaccine and Breast Cancer Screening**

A COVID-19 vaccine shot may cause temporary swelling of the lymph nodes in the armpit, recent studies have found. Because this side effect of the vaccine may be mistaken for a sign of breast cancer, several oncology groups are recommending that people wait 4–6 weeks after completing COVID-19 vaccination before getting a mammogram.

**Who should get an additional dose of the COVID-19 vaccine?**

People with certain cancers and those who are receiving treatment that suppresses the immune system may have a weaker response to COVID-19 vaccines than people whose immune systems are not compromised.

CDC recommends that some people as young as age 5 whose immune systems are moderately to severely compromised get an additional vaccine dose to improve their response to a primary vaccine series and to ensure adequate protection against COVID-19. According to CDC, such people include those who:

- are being treated for blood cancer (leukemia, lymphoma, or multiple myeloma)
- have received a stem cell transplant within the past 2 years
- are taking medicine that may suppress the immune response

CDC also recommends that people who received stem cell transplants or CAR T-cell therapy

*(Continued on page 4)*

(Continued from page 3)

py after getting a COVID-19 vaccination should be revaccinated with a primary vaccine series.

### Who should get a COVID-19 booster shot?

Whereas an additional vaccine dose is given to some immunocompromised people who likely did not mount a protective immune response after primary vaccination, a booster shot is given to people in whom protection from primary vaccination is likely to have waned over time.

CDC recommends a COVID-19 booster shot, with any of the COVID-19 vaccines authorized in the United States, for:

- all people aged 12 and older who received the Pfizer-BioNTech vaccine at least 5 months ago
- all adults aged 18 and older who received the Moderna vaccine at least 6 months ago
- all adults aged 18 and older who received Johnson & Johnson's Janssen vaccine more than 2 months ago

If you are moderately or severely immunocompromised and had a primary vaccine series with either the Pfizer-BioNTech or Moderna vaccine, followed by an additional vaccine dose, you may also get a booster shot.

### What are other ways that I can protect myself?

Aside from vaccination, the most effective way to prevent COVID-19 is to avoid being exposed to the virus that causes it. People at high risk for developing serious illness from COVID-19 can help protect themselves by limiting contact with other people as much as possible and by taking precautions to prevent getting COVID-19 when they do interact with others.

To protect yourself and prevent the spread of COVID-19:

- Get a COVID-19 vaccination.
- Wear a well-fitting mask that covers your nose and mouth.

- Stay 6 feet away from people who don't live with you.
- Avoid crowds and poorly ventilated indoor spaces.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water aren't available.
- Cover coughs and sneezes.
- Clean and disinfect frequently touched surfaces daily.
- Be alert for symptoms of COVID-19.

### What should I do if I have symptoms of an infection?

If you think you have been exposed to COVID-19 or have symptoms of an infection, you should get a COVID-19 test. If the test shows that you have COVID-19, isolate yourself from others and call your health care provider.

Visit the CDC's website for more information about COVID-19 and cancer.

Read the full article here:

<https://www.cancer.gov/about-cancer/coronavirus/coronavirus-cancer-patient-information>

---

## Heart Healthy Foods for February

February is not only the month for Valentine's Day hearts, but it's also Heart Health Awareness Month. On the first Friday of February, people are encouraged to wear red to raise awareness of heart disease as the leading cause of death in the United States. The week of Valentine's Day is also Heart Failure Awareness Week, organized by the Heart Failure Society of America. Here is a list of heart healthy foods to keep your heart strong, this month and always.

1. Avocados are a fantastic source of heart-healthy fats,

which have been linked to lower levels of cholesterol and a lower risk of heart disease. You can top your salad with avocados, add them into your morning smoothie, or whip up a guacamole with them.

2. Red, yellow and orange veggies like red peppers, sweet potatoes, carrots, and acorn squash are packed with fiber and vitamins to help your heart stay in tip top shape. You can incorporate these veggies into side dishes or make them the main event in a meal – such as

a sweet potato chili or roasted acorn squash.

3. Beans are high in resistant starch and have been shown to reduce levels of cholesterol, lower blood pressure, and decrease inflammation. You can throw beans into your soups, stews, or make a bean paste for taco night.
4. Chia seeds, flaxseeds, and hemp seeds are all great sources of heart-healthy nutrients, including fiber and omega-3 fatty acids. Adding these types of seeds to your diet can improve many

(Continued on page 5)

(Continued from page 4)

heart disease risk factors, including inflammation, blood pressure, cholesterol, and triglycerides. You can add seeds to your morning oatmeal or smoothie, bake them into muffins, or even drink them by adding them to almond or oat milk!

5. Garlic has many beneficial effects on arterial health and is a powerful weapon against cardiovascular disease. Studies reported that ginger, black pepper and coriander also have well-established benefits. Over-

all, adding spice to our life is a delicious way to maintain a healthy heart!

6. Walnuts and almonds great source of fiber and micronutrients like magnesium and copper, the two of which are great for your heart. While rich nuts like these are very high in nutrients, they're also high in fat. So, it's best to throw a small handful onto your salad or bake them into a dessert, rather than snacking on the nuts alone.

7. Lastly, dark chocolate is

great for your heart health. The higher the percentage of cocoa the better because with higher cocoa the sugar decreases and the fiber and protein intake increases. If you're a fan of milk chocolate, start with at least 70% cocoa to maintain sweetness. So, when you're choosing which heart-shaped chocolate box to get for your Valentine, pick one with dark chocolate to keep the love traveling to their heart!

## In Memoriam - Linda Yellow

1946 - 2022

Unfortunately, we have some sad news to share. One of our founding Council of Elders members, Linda Yellow, has passed away. We send our heartfelt condolences to her family, friends, and all upon whom she impacted. It's so hard to express all that Linda meant to our community,



to NACS, and to many of our staff on a personal level.

Linda Claire Yellow, 75, of the Turtle Clan, Mohawk Nation passed away on Sunday, January 16, 2022 at her residence. Born in Niagara Falls, NY, she was the daughter of the late Wilmer "Duffy" and Margaret (Hill) Wilson.

Linda passionately volunteered for several organizations in the area, most notably the St. Vincent De Paul Native American Food Bank where she took great pride in helping those in need. For her dedication to the community, she was granted numerous awards including the Citizen of the Year Award, the Bundled Arrows Award, and The Caritas Award from Niagara University. She loved her family, loved her community, and loved NACS. She was always appreciative of our work and was one of our biggest partners and strongest supporters. Her love for her community flowed from her smile when you saw her.

She worked tirelessly to help and advocate for her people, may she journey well and now rest in peace.

We love you Linda - Your NACS Family!

# In Memoriam: Noreen Kim Hill

1957 - 2022

With much sadness, we mourn the passing of Noreen Kim Hill. Kim, or Kimmy, as she was affectionately known, 64, of Niagara Falls, NY, passed away on January 19, 2022 at Buffalo General Hospital in Buffalo, NY. Born in Ohsweken, Ontario, Canada, she was the daughter of the late Harold and Loretta (Hill) Smith.



Noreen was Mohawk from Six Nations, belonging to the Turtle Clan. She came to Niagara Falls, NY as a child with her family. She attended Niagara County Community College and the University at Buffalo. Kim, was heavily involved in Native American and Community Affairs. She was employed by Native American Community Services, and for the past 20 years, served as the Project Director for Indian Education for the Niagara Falls Board of Education.

Kim was a member of the National and New York State Indian Education Associations, was a Treasurer and Board of Directors Member for the Niagara Falls Public Library, volunteered for Focus on Families, the Niagara Falls Boys and Girls Club, the United Way, served on the Niagara Falls Human Rights Council, the Indian Defense League of America, and was the Chair of the Title IV IEA Parent Committee. She earned multiple awards and honors, including the 2020 Community Leader Award from the National Federation for Just Communities, a 2020 Congressional Award from Congressman Brian Higgins, and a 2020 Erie County Proclamation from County Executive Mark Poloncarz.

Kim was a member of the National and New York State Indian Education Associations, was a Treasurer and Board of Directors Member for the Niagara Falls Public Library, volunteered for Focus on Families, the Niagara Falls Boys and Girls Club, the United Way, served on the Niagara Falls Human Rights Council, the Indian Defense League of America, and was the Chair of the Title IV IEA Parent Committee. She earned multiple awards and honors, including the 2020 Community Leader Award from the National Federation for Just Communities, a 2020 Congressional Award from Congressman Brian Higgins, and a 2020 Erie County Proclamation from County Executive Mark Poloncarz.

In her spare time, Kim enjoyed crafting, beading, travelling, collecting pottery, and cooking. Above all she loved the time she spent visiting with her family, and will be remembered most for her selflessness and community-oriented nature.

She was a true friend who always considered the needs of her family, friends and community before her own. With much love, we will miss Kim dearly.

---

## I Strengthen My Nation

*submitted by Amy Huff, Education Achievement Coordinator*

The National Institute on Drug Abuse (**NIDA**), in partnership with **We R Native**, hosted two challenge competitions to recognize and draw upon the inherent strengths and resiliencies of Indigenous people and culture that protect against substance misuse.

We R Native hosted the art contest and community project challenges to allow young people a platform to connect resiliency to culture. Michaela Vickers, daughter of Matilda Martin, submitted an art entry as an Educational Achievement participant. Winners will be announced later this January. Her submission is pictured here.

Michaela has been a participant of NACS youth program for over ten years. She is a high honors student at Hutch Tech High School. She is the only Haudenosaunee submission recognized and she is one of the youngest contestants featured. Her creation is a Threaded Tree of Peace. Congratulations, Michaela.



# Local Basketball Spotlight – Summer Hemphill

submitted by George Ghosen, Editor

Summer Hemphill is back. She is a member of the Seneca Nation. Now a sixth-year senior, Summer has helped the Bulls maintain their spot among the top teams in the Mid-American Conference (MAC). It was not an easy journey, though. Summer had to sit out the 2019-20 season after injuring her right knee and having to undergo surgery. She was able to return to the Bulls the next season. Then, Covid hit the world.



In the 2020-21 season after missing over 14 months due to injury, Summer returned to the floor, appearing in seven games and earning five starts for UB. She averaged 8.1 points, 5.7 rebounds and 1.3 assists per game. She scored 11 points and pulled down six rebounds in 11 minutes in her first game back in a win at Canisius (12/6), scored a season-high 12 points at Purdue (12/9) and recorded her first double-double of the season in a win over Miami (OH) (3/3). She was named to the Cheryl Miller Award preseason watch list as one of the best small forwards in Division I basketball.

For the 2021-22 season, Summer is eligible to play for a

sixth season. Many college athletes are eligible for four or five seasons with a team, but a sixth year of eligibility is almost unheard of. Summer's final season with the Bulls has come as the result of a ruling that allows her and other athletes to use an extra year of eligibility due to the Covid-19 pandemic.

So far this season she has played in every game for the Bulls, after she sat out the entire 2019-20 season and played in only seven games last season. She considers her injury a blessing in disguise. A senior season (in 2020) that ended, literally, during the NCAA Tournament. *"This sixth year in itself is a blessing,"* said Hemphill, *who has helped the Bulls to two NCAA Tournament berths and a MAC Tournament championship. "Technically, I'm not even supposed to be here. I'm so thankful for this opportunity."*

And in this, her final year for the Bulls, Summer is taking on the role as team leader. She sees herself as being able to communicate the strengths and weaknesses of opposing teams to her younger teammates and giving advice to them where needed. *"I need to communicate with the team because I'm playing more in the backcourt and I'm seeing more things, defensively,"* Hemphill said. *"I know these teams, really well...and communication is key for me, with my younger teammates. Off the court, it's the same thing. It's*

*my sixth year in college, and for some of my teammates, it's their first year. I give them advice, I see if they're struggling and I will be that voice they need to hear."*

*UB coach Felisha Legette-Jack considers Hemphill a bridge between the Bulls' coaching staff and its players on a roster that includes six freshmen and sophomores. "Her role is to lead," Legette-Jack said. "To lead with her offensive prowess and her aggression for rebounds, but it's also her conversations in the locker room, and being honest with me, whether it's saying, 'we have to do this better,' or 'we need to do this on the court.'"*

If you check the UB Bulls' Women's Basketball website, you can view their remaining schedule and where to watch or listen to the games. All of us here at NACS and the community want to wish Summer good fortune and much success in basketball and in her future endeavors.

Resources: Buffalo News 1/7/22; UB Women's Basketball - <https://ubbulls.com/sports/womens-basketball/>





# 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](mailto:humanresources@nacswny.org)

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





## Native American Community Services

Equal Opportunity Employer

### Position Announcement

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

---

*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

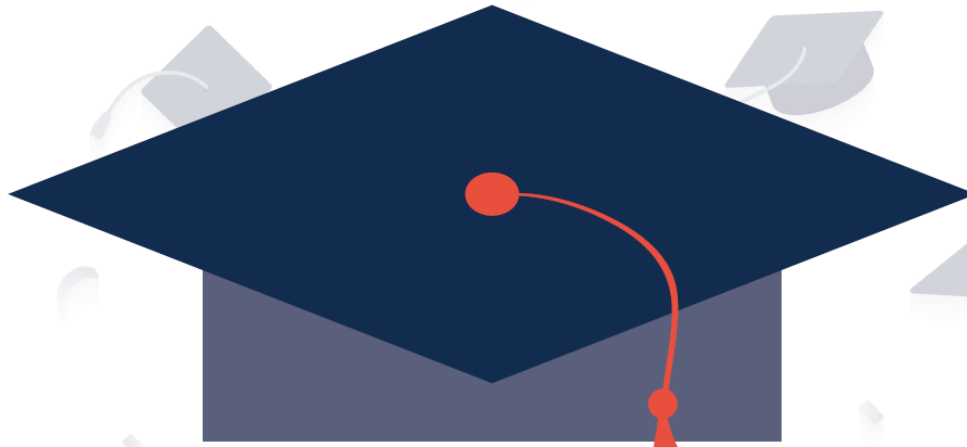
- Read/Speak/Write Haudenosaunee languages
- Promote intergenerational exchanges between students and elders
- Exhibit the principles of the Good Mind
- Utilize culturally relevant teaching methods and promote a culturally rich environment
- Monitor student growth and progress
- Provide out of class 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](mailto:humanresources@nacswny.org)

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



# *Apply Today*

TO BE CONSIDERED FOR UP TO

# **\$6,000** *for college*

## *Requirements:*

- Permanent resident of Western New York
- Minimum 2.0 GPA or "C" average
- Accepted to any nonprofit college/university in the United States, full-time
- Preference is given to Pell eligible students attending school in Western New York

## *Deadline:*

# **MAY 1, 2022**

## **visit [cfgbscholarships.org](http://cfgbscholarships.org)**



### **Sign up for text alerts**

*Text "SCHOLARSHIP"  
to 855-213-4426*

By taking this action you are affirming that you will receive recurring Scholarship Deadline alert text messages from the Community Foundation for Greater Buffalo. Visit [www.cfgb.org/privacy-policy/](http://www.cfgb.org/privacy-policy/) for our Privacy Policy. Text STOP to opt-out. No purchase necessary. Message & data rates may apply.



**Community Foundation**  
for Greater Buffalo

Since 1924, the Community Foundation for Greater Buffalo has been awarding scholarships to students from Western New York. In 2021, the Community Foundation remained as one of the region's largest scholarship providers, awarding scholarships totaling \$3 million to more than 3,000 Western New York students.

## 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

### **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*

### 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*

# 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](mailto:tporter@nacswny.org) or Katina at [ksimmons@nacswny.org](mailto: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.**



*You're Invited!*



## *Windsong Mobile Mammography Bus*

*Where:* Indian Health Service  
Lockport Service Unit  
150 Professional Pkwy  
Lockport, NY 14094

*When:* Tuesday March 1, 2022  
8:00 a.m. - 3:30 p.m.

*\* REFERRAL AND APPOINTMENT NEEDED \**

*\*\*Transportation Available\*\**

**For information and scheduling contact**  
**Nancy (716)697 - 3585**  
**\*After 2/17 Contact Marissa (716)697-3787**



**CENTER FOR INDIGENOUS  
CANCER RESEARCH**

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](mailto:gghosen@nacswny.org)

You can also look for our newsletter on our website:  
[http://www.nacswny.org/news\\_and\\_events.html](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; 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.