



# NACS News

*A Tradition  
of Caring*

February 2023  
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**Native American Community Services of Erie & Niagara Counties, Inc.**

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## February is American Heart Month

*submitted by George T. Ghosen, Editor*

**W**hy do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

### History of American Heart Month

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers.” When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we’ve learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.

### American Heart Month FAQs

#### What is the purpose of American Heart Month?

American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease.

#### At what age does heart disease start?

The warning signs for heart disease have been known to appear when people are as young as 18. **Red** flags such as high blood pressure should be taken seriously and healthy habits should be adopted.

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## **MOVING/CHANGE OF ADDRESS?**

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

[gghosen@nacswny.org](mailto:gghosen@nacswny.org)

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### **Does smoking affect the heart?**

Yes, the chemicals in tobacco smoke can harm your blood cells. They can also damage the effective functioning of your heart and blood vessels.

### **Can exercise reduce heart blockage?**

Cardiovascular exercise improves the pumping and circulation of blood, which may help reduce the chances of developing blockages or clots in the arteries.

### **What is the size of the heart?**

For kids, the heart is about the same size as their fist, and for adults, the same size as two fists.

## **How to observe American Heart Month**

### ***1. Take up a heart-healthy habit***

Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

### ***2. Educate yourself***

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

### ***3. Spread information about heart health***

Either through direct talk or from your social media platforms, share important facts and tips about how best to keep the heart in the best form. By doing so, you will be helping many people.

### ***4. Help people quit unhealthy habits***

Habits such as smoking and overeating ultimately harm the heart. Create platforms to assist people with these kinds of poor habits to change for the better.

### ***5. Get your cholesterol tested***

If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

## **5 Interesting Facts About Heart Health**

### ***1. Heart attacks can be silent***

One in five heart attacks occurs without the person even knowing they had one.

### ***2. Heart attacks affect women differently***

Women may experience different symptoms than men. These include pain in the back, arm, neck, or shoulder; nausea; fatigue; shortness of breath; and vomiting.

### ***3. Young women are at higher risk than men***

Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.

### ***4. Another reason to hate Mondays***

Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.

### ***5. Diet soda raises heart attack risk***

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If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.

## **5 Facts About The Human Heart That Will Amaze You**

### ***1. It supplies blood to every cell***

Apart from the cornea, every cell in the human body gets blood from the heart.

### ***2. It works really hard***

In a day, the heart beats around 100,000 times and pumps around 1.5 gallons of blood per minute.

### ***3. It is spiritually significant***

The heart is an emblematic symbol in many religions, signifying truth, conscience, or moral courage.

### ***4. It has its own electrical impulse***

Due to this, the heart can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.

### ***5. It is psychologically influenced***

Happiness and a strong sense of emotional vitality help lower the risk of heart disease.

## **Why American Heart Month is Important**

### ***A. It reminds us to take care of our heart***

American Heart Month motivates us to examine our own health habits and risks and take steps to improve our heart health.

### ***B. It helps us value the heart***

Not everyone is aware of just how complex the heart is and how much work it does. This Heart Health Month helps us realize this and take better care of it.

### ***C. It helps spread love***

Besides the fact that the heart symbolically represents the emotion of love, this month helps us collectively show love to others by caring enough to help them have better heart health. This ultimately makes us better human beings.

### ***D. It promotes education about heart health***

Knowing the risk factors for heart disease and how to reduce them can help people lead healthier lives and diminish their risk for heart attacks or other cardiovascular diseases.

### ***E. It raises awareness of heart disease***

As the number one killer of Americans, heart disease is a slow-moving epidemic that affects almost everyone.

### ***F. It unites us for a good cause***

Through the common cause of advancing heart health, people all around the world are united. This is encouraged and should happen continuously.

## **Listen to Your Heart: Women and Heart Disease**

Heart disease is the leading cause of death in women of all ages, races, and shapes and sizes in the United States. But women sometimes experience heart disease differently than men. Healthy eating and physical activity go a long way to preventing heart disease and keeping it from getting worse if you already have it. Read on to learn more about heart disease, high blood pressure, high blood cholesterol, how to find out if you're at risk, how to protect your heart, and more.

## **Symptoms of a heart attack:**

Women are somewhat less likely than men to experience chest pain. Instead, they are more likely to experience:

- Dizziness
- Fatigue
- Nausea
- Pressure or tightness in the chest

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- Stomach pain

Women are also more likely than men to have no symptoms of coronary heart disease. Because women and their doctors may not recognize coronary heart disease symptoms that are different from men's, women may not be diagnosed and treated as quickly as men. It is important to seek care right away if you have symptoms of coronary heart disease.

[Learn what a heart attack feels like.](#) (Press Ctrl+Click to follow link)

Follow-up treatment for heart disease:

- Doctors are less likely to refer women for diagnostic tests for coronary heart disease.
- Women are more likely than men to experience delays receiving an initial EKG, are less likely to receive care from a heart specialist during hospitalization and are less likely to receive certain types of therapy and medicines.
- Younger women are more likely than men to be misdiagnosed and sent home from the emergency department after cardiac events that occur from undiagnosed and untreated vascular heart disease.

[Learn more about women and heart disease.](#) (Press Ctrl+Click to follow link)

### **Risk Factors for Heart Disease**

- Having high blood pressure
- Having high cholesterol
- Unhealthy lifestyle
- Being overweight or obese
- Diabetes and prediabetes
- Smoking
- Being physically inactive
- Having a family history of early heart disease
- Having a history of preeclampsia during pregnancy
- Unhealthy diet
- Age (55 or older for women)

Family history of early heart disease is a risk factor that can't be changed. If your father or brother had a heart attack before age 55, or if your mother or sister had one before age 65, you are more likely to get heart disease yourself.

You may wonder: If I have just one risk factor for heart disease—say, I'm overweight or I have high blood cholesterol—aren't I more or less "safe"? Unfortunately, no. Each risk factor greatly increases your chance of developing heart disease. But having more than one risk factor is especially serious, because risk factors tend to "gang up" and worsen each other's effects.

### **Pregnancy and Heart Disease**

Preeclampsia—high blood pressure during pregnancy with signs of damage to another organ system such as the kidneys—is another heart disease risk factor you can't control. However, if you've had the condition, you should take extra care to try to control other heart disease risk factors. This is because preeclampsia raises your risk for heart and blood vessel problems later in life. Aside from preeclampsia, having heart disease or heart problems before pregnancy can raise your risk for pregnancy complications or pregnancy-related death during or after childbirth.

[Learn more about pregnancy and your heart](#) (Press Ctrl+Click to follow link)

### **Menopause and Heart Disease**

Heart disease increases with age, including during and after menopause. In middle age women tend

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to develop more risk factors for heart disease, in part due to increasing body weight and in part because their body's production of estrogen drops. Women who go through early menopause, especially if they had a hysterectomy, are more likely to develop heart disease as women of the same age who have not yet gone through menopause. Treatment with menopausal hormone therapy immediately after menopause may reduce risk of heart disease but not of stroke, but treatment later in life increases the risk of both heart disease and stroke.

### Take Action for Your Heart Health

While some risk factors, such as age and family history of early heart disease, can't be changed, the truth is, there is something we can do at every stage of life to reduce our risk of heart disease.

Being more physically active and eating a healthy diet are important steps for your heart health. You can make the changes gradually, one at a time. But making them is very important.

Here's some things you can do now for your heart health:

- Move more
- Improve your nutrition and eat healthier
- Check your heart health stats/numbers
- Improve sleep and reduce stress
- Stop smoking
- Aim for a healthy weight

So, the message is clear: Every woman needs to take her heart disease risk seriously - and take action to reduce that risk.



## SAVE THE DATE!

The "STRENGTHENING OUR RESILIENCE" Program at  
Native American Community Services of Erie & Niagara Counties, Inc. (NACS)

*Proudly Announces Two In-Person Training Sessions*

### "OVERVIEW OF NATIVE AMERICAN CULTURAL COMPETENCY"

**Thursday, March 9, 2023**

**10 am – 4 pm  
(time subject to change)**

**To be held in Erie County,  
location to be announced**

**Monday, March 20, 2023**

**10 am – 4 pm  
(time subject to change)**

**To be held in Niagara County,  
location to be announced**

*Additional details, registration procedures, etc. will be released in late January 2023*

**For more information on these or other upcoming sessions and/or to request presentations for specific organizations & groups, please contact Pete Hill at [phill@nacswny.org](mailto:phill@nacswny.org).**

These training sessions for partners of the Value Network of WNY and community are funded by the New York State Office of Addiction Services & Supports, as well as businesses, foundations, and caring individuals, like you!

***Nyah-weh! Thank you!***

# Black History Month: The Black Native Americans

*submitted by George T. Ghosen, Editor*

## Black Native Americans: What To Know About Afro-Indigenous Peoples

It's no secret that America is a melting pot of cultures. Yet while some people of European, African, and Native descent, can claim a single racial or ethnic identity, others have intersectional identities. Such is the case with Black Native Americans.

Because their lineage traces back to both African and Indigenous origins, Black Native Americans' genetic heritage distinguishes them from other African American and Native American communities.

Despite making up a small percentage of the population, black Natives have a rich history in the U.S. Unfortunately, their stories are often left out of the history books, which is why we must speak about them now.

## What is a Black Native American?

While this topic is mostly overlooked in educational lectures, textbooks, and mainstream media, it is a significant part of history. Several hundred thousand Black Native Americans still live in the U.S., and they deserve to know who they are, where they come from, and what their ancestral story is all about.

Black Natives are racially and ethnically African and Native American and are culturally affiliated with an Indigenous community. Historically, when enslaved Africans came to the country, many developed close ties to Native Americans. In addition, wealthy Native individuals owned African slaves and often reproduced with them. During the Indian Removal Act of 1830, thousands of African-Americans (enslaved and freed) voluntarily traveled west with their Native counterparts along the Trail of Tears. Unfortunately, Black Native Americans often lacked proper documentation, resulting in unclear ancestral origins.

Today, most Afro-Indigenous people reside in Southern states and states associated with original Southern descendants. Obtaining tribal membership is a constant battle for Black Natives. Some tribes, such as the Cherokee in 2011, have even gone as far as stripping their membership. Even in 2022, many Black Native Americans still yearn for recognition and citizenship.

## History of Black Native Americans

During the 1500s, Africans forcibly came to America during the prime of the slave trade. This is where our story begins: an era of shared slavery, where African and Indigenous slaves lived together and brought forth illegitimate families in the eyes of the land. Not only did they share the experience of slavery in this way, but later on, Native Americans owned African slaves as well. Babies were born, families continued, and blended communities grew.

But let's fast-forward to 1830 when Whites forced Indigenous communities to march west during the mass removal of their kind. Along with the Natives came many of the same Africans that had integrated into their communities. Some came willingly, and others came as Black slaves of the Natives. And many of these individuals were Black Native Americans.

In 1865, Congress abolished slavery, allowing freed Black Natives to disconnect from their Indigenous heritage and communities if they wished.

An article in the [Smithsonian Magazine](#) discusses the Freedmen who lived in Indian Territory at this time. They comprised freed African American slaves of the Five Civilized Tribes: the Cherokee, Chickasaw, Choctaw, Creek, and Seminole Nations. Once slavery was abolished, only the Chicka-

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saw tribe refused to grant citizenship to the Black Freedmen.

In preparation for Oklahoma statehood, the U.S. Congress created the Dawes Commission, which was charged with dissolving collective tribal land ownership and allotting land to individual tribal members. Thousands of Freedmen came before the commission to prove their tribal membership and their right to a share of land.

Moving along through history, Black Indigenous people haven't come too far in their fight for citizenship, representation, and identity. The past continues to influence the present, as the [Dawes Act of 1887](#) plays a massive part in the current battle Black Native Americans continuously go through to attempt to gain tribal membership.

### Acknowledging and Exploring a Hidden History of Interaction

A primary focus of Black History Month is on individuals of African descent, but as African American physical anthropologist C. Montague Cobb (1939) reminds us, African Americans descend from Native Americans as well.

In the late 1700s, Jean Baptiste Point Du Sable made his way from the American South to the Great Lakes region. He applied his education, acquired reasoning skills, and charm to the fur trading business. His savvy led to friendly relations with the Potawatomi people and consequential marriage to Kitihawa (Catherine).

Together, this husband-and-wife team created a bakehouse, dairy farm, smokehouse, poultry house, and mill. Their dreams, facilitation of intertribal and international trade in the area, resourcefulness, and determination would ultimately lead to the City of Chicago.

The origins of shared kinship between Africans and Native Americans - both legitimate and illegitimate - lie in their alliances and allegiances formed during slavery and as fellow citizens in self-determination within tribal nations within the present-day boundaries of the United States.

### Shared Slavery

In shared slavery, enslaved Africans and enslaved Native Americans intermarried with one another. Because their marriages were usually not considered legitimate by law, their children were slaves like their parents and considered illegitimate. Among the Cherokees, Choctaws, Chickasaws, Creeks, and Seminoles, et al., Africans were enslaved by Native Americans. Children of enslaved African women and Native American slave owners were also considered illegitimate.

Native Americans, particularly those of blended African ancestry, occasionally found themselves kidnapped into slavery. Early colonists, like later citizens of the United States, enslaved Africans and Native people as maids, butlers, blacksmiths, field hands, etc., for the homes and plantations of English, French, and Spanish colonists. From these contacts, love and marriages frequently formed.

### African Americans and Native Americans Share a Rich History

On August 3, 1990, President George H. W. Bush declared November as Native American Indian Heritage Month. To further affirm this community, we are sharing a brief article on the intersectionality of both African and Native America. From the beginning of U. S. history, American Native populations and Africans had a historical relationship of both cooperation and confrontation.

Europeans first enslaved Indians, introducing Africans to the Americas shortly after. Nicolas de Ovando, Governor of Hispaniola, first mentioned African and Indian interaction in a report circa 1503. Indians who escaped generally knew the surrounding areas avoided capture and returned to

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help free enslaved Africans. Europeans feared an Indian/African alliance. The first slave rebellion occurred in Hispaniola in 1522, while the first on future United States soil (North Carolina) occurred in 1526. Both rebellions were organized and executed by coalitions of Africans and Indians.

Europeans feared communities of escaped Africans, known as Maroons or quilombos, in frontier areas. The largest of these communities, the "Republic of Palmore's," originated in the 1600s and, at its peak, had a population of approximately 11,000. This community, composed primarily of Africans but including Indians, contained three villages, spiritual gathering places, and shops and operated under its legal system. Its army repelled European military attacks until 1694.

The Lumbee are a distinct Tri-racial Native American ethnic group that includes African people. Since about 1625, they've lived in southeastern North Carolina. Numbering about 50,000, they are primarily located in Robeson County, NC. Also, the Shinnecock is a federally recognized tribe of historically Algonquian-speaking Native Americans based at the eastern end of Long Island, New York. With African roots, and despite having documented history since the 1700s, their roots go even further back.

White reaction to such communities was extreme despite their limited numbers. Europeans sought to keep the two peoples separated and, if possible, mutually hostile. They taught Africans to fight Natives and bribed Indians to hunt escaped Africans, promising lucrative rewards. Natives who captured escaped Africans received 35 deerskins in Virginia or three blankets and a musket in the Carolinas. Further sowing division, Whites introduced African slavery into the Five Civilized Nations in the United States. The Intersectionality between Africans and Natives is further born out in Joseph Louis Cook, who fought against the British in the Revolutionary War.

The U. S. government ended slavery among Indians by 1776. From pre-Revolutionary times to the American Civil War, the government negotiated treaties with Indian tribes that included promises by the Indians to return escaped slaves. However, while harboring many slaves, they returned none. The most powerful African-Native alliance linked escaped Blacks who had settled in Florida, and Seminoles (a word that means "runaway"), who fled the Creek federation. They fought whites for years to preserve their heritage; Fort Okeechobee is an example. The Africans taught the Natives rice cultivation, and the groups formed an agricultural and military alliance.

In 1816, a U. S. soldier reported that prosperous plantations existed for fifty miles along the banks of the Apalachicola River. The African-Seminole forces repeatedly repelled U. S. slaveholders' posses' and the U. S. Army. The Second Seminole War resulted in 1,600 dead and cost over \$40 million. The purchase of Florida from Spain was the U. S. government's attempt to eliminate it as a refuge for runaways. Before the American Civil War, many Native American nations on the eastern seaboard of the United States became biracial communities.

Blacks were victims of the Indian Removal Act of 1830. By 1860, the Five Civilized Nations in the Indian Territory consisted of 18 percent Africans. The Seminoles appointed six Black Seminoles members to its governing council. After the American Civil War, the Buffalo Soldiers, six regiments of Black U. S. Army troops, helped to end Native resistance to U. S. control after the War. The most significant African-Native American was John Horse, a Black Seminole Chief who was a master marksman and diplomat in Florida and Oklahoma. By the time of the American Civil War, the Black Seminole Chief was in Mexico and Texas.

Horse negotiated a treaty with the U. S. government in 1870. On July 4th of that year, when his Seminole nation crossed into Texas, it was a historic moment: an African people had arrived together on this soil under the command of their ruling monarch, Chief John Horse. Today, many African

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Americans can trace their ancestry in part to a Native American tribe.

### Conclusion

Black Native Americans are underrepresented, and their history has nearly been wiped clean from textbooks and the media. Not only did their people (both Native Americans and enslaved Africans) endure centuries of turmoil, war, segregation, and racism, they continue to be left out of the conversation. Black Indians have a story to tell, and they deserve to be heard as they continue to fight for their voice. We all have the responsibility to learn about their history and what they're going through today so that we can stand in solidarity with them and help amplify their voices.

Resources:

PowWows.Com - <https://www.powwows.com/black-native-americans-what-to-know-about-afro-indigenous-peoples/>

Field Museum - <https://www.fieldmuseum.org/blog/relevance-native-america-black-history>

African American Registry: <https://aaregistry.org/story/african-native-americans-share-a-rich-history/>

Cultural Survival: <https://www.culturalsurvival.org/news/black-history-includes-native-american-and-african-american-generational-and-historical-trauma>

Wikipedia: [https://en.wikipedia.org/wiki/Black\\_Indians\\_in\\_the\\_United\\_States](https://en.wikipedia.org/wiki/Black_Indians_in_the_United_States)

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## **Canada to Pay Survivors of Indian Residential Schools More Than \$2B**

*By Native News Online Staff, January 23, 2023*

The Canadian government has agreed to pay more than \$2 billion to hundreds of Indigenous communities to settle a lawsuit centered around nearly a century of abuse suffered by children who attended Indian residential schools.

The lawsuit, filed by 325 First Nations communities in 2012, sought compensation for the physical, sexual and mental abuse suffered by Indigenous children during the residential school era in Canada.

From the late 1800s to the 1990s, more than 150,000 First Nations children were forcibly removed from their homes, sent to boarding schools and cut off from their families and culture as part of a government effort to assimilate them into Canadian society. Many of the children were beaten, raped and sexually abused, and thousands are believed to have died from disease and malnutrition.

"The residential school system decimated our languages, profoundly damaged our cultures, and left a legacy of social harms," Shane Gottfriedson, Representative Plaintiff and former Chief of TK'em-lúps te Secwépemc and a plaintiff in the lawsuit, said in a statement. "The effects go beyond my generation. It will take many generations for us to heal."

Over the past two years, more than a thousand unmarked graves and possible gravesites have been found on the properties of former residential schools throughout Canada — some as recently as last week.

"It has taken Canada far too long to own up to its history, own up to the genocide it committed and recognize the collective harm caused to our Nations by Residential Schools," Garry Feschuk, the former chief of the Shíshálh and one of the plaintiffs said in a statement. "It is time that Canada not only recognize this harm but help undo it by walking with us. This settlement is a good first step."

The settlement, announced on Saturday, calls for Canada to pay \$2.1 billion (U.S.) to a not-for-profit trust that is independent of the government. The funds in the trust will be used to support "healing,

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wellness, education, heritage, language and commemoration activities" for Indigenous people in Canada. The settlement must be approved by the courts.

"We believe that all Survivors deserve justice and the compensation to which they are owed," Marc Miller, minister of crown-Indigenous relations said in a statement. "As we finalize this settlement, we are reminded of the importance of collaborative dialogue and partnership in resolving historic grievances outside of the court system. Together, we have developed a settlement that will support the Band class members in their healing journeys for generations to come."

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## Self-Care for a Good Mind

*submitted By: Brittnie Zurbrick – Health and Wellness*

February might be the shortest month of the year, but it often feels like the longest, darkest part of the winter. It can be easy to slip into some winter blues and feel hard to find safe, healthy options to de-stress and occupy the mind and body. Take a moment to check in with yourself and find out what your mind and body needs and how to better take care of yourself when it can be hard to keep up. We get so focused on our future goals, achievements, and expectations, or hung up on past problems, that we don't take enough time in the now.

Before we talk about self-care, first check, are you taking care of yourself? Start with the basics, sleeping, eating, and drinking water. If you are feeling tired and drained all the time, make sure you are getting a good night's rest. Here are some basic sleep tips:

1. Stay consistent. Pick a bedtime that will give you enough time to sleep and stick with it to give it time to work.
2. Keep electronics out of the bedroom and cellphones away from the bed. Studies show putting the phone down at least 30 minutes before going to sleep can have a positive impact on sleep quality.
3. Avoid caffeine for at least 4 hours before bed.
4. Explore mindfulness, meditation, and other sleep hacks.

Are you remembering to eat? It is easy to grab a caffeinated beverage and rush off to start your day, get caught up in your tasks and the daily demands and before you know it, it's time to plan dinner, but did you even remember to eat lunch? Breakfast? There is a saying for infants "Fed is best", but this can be important for adults to remember too! Don't forget to drink water. Our bodies are mostly water, we need it.

Get your body moving! 30 minutes of daily exercise can have positive impacts on our overall health and wellness. If you can't fit in 30 minutes at a time, small increments of exercise add up quickly and can have the same positive impact. Small stretches and activities such as yoga can be a great way to start and end your day and remove stiffness and small body aches from storing daily stress. Taking a short walk outside can be a great way to move the body, breathe some fresh air, and hopefully add a little sunshine to your day.



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Reconnect. We are social beings and “it takes a village” is another phrase that goes beyond just caring for children. We need our personal village. Good quality connections with people in our lives to build us up when we are feeling down. Check in, talk, laugh. Social media can be a good way to find people with similar interests and hobbies and find local groups to get involved with. Challenge yourself to socialize without giving in to the drinking culture.

Using the [Wellness Wheel](#) can be a great way to figure out where to start with giving your body what it needs to thrive. Incorporate each dimension into your day and try adding more activities as it becomes a habit.

Sometimes your needs might go beyond self-care, and it is okay to need help. Consider reaching out to a professional if you are experiencing severe or distressing symptoms lasting more than 2 weeks having a negative impact on your quality of life.

1. Difficulty sleeping,
2. Appetite changes that result in unwanted weight changes,
3. Struggling to get out of bed in the morning because of mood,
4. Difficulty concentrating,
5. Loss of interest in things you usually find enjoyable, and
6. Inability to perform usual daily functions and responsibilities.

## 12 Self-Care Quotes to Ponder...

1. “An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.” - *Unknown*
2. “If it’s out of your hands, it deserves freedom from your mind too.” - *Ivan Nuru*
3. “The most powerful relationship you will ever have is the relationship with yourself.” - *Steve Maraboli*
4. “If your compassion does not include yourself, it is incomplete.” - *Jack Kornfield*
5. “When I loved myself enough, I began leaving whatever wasn’t healthy. This meant people, jobs, my own beliefs and habits – anything that kept me small. My judgement called it disloyal. Now I see it as self-loving.” - *Kim McMillen*
6. “Self-care is giving the world the best of you, instead of what’s left of you.” - *Katie Reed*
7. “The greatest weapon against stress is our ability to choose one thought over another.” – *William James*
8. “I have come to believe that caring for myself is not indulgent. Caring for myself is an act of survival.” – *Audrey Lorde*
9. “No one can make you feel inferior without your consent.” – *Eleanor Roosevelt*
10. “Be loud about the things that are important to you.” – *Karen Walrond*
11. “It’s not selfish to love yourself, take care of yourself, and to make your happiness a priority. It’s necessary.” – *Mandy Hale*
12. “If you feel ‘burnout’ setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself.” – *Dalai Lama*



How **BALANCED** is your **WELLNESS WHEEL**?

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

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

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

*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 agency 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.

## 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](mailto: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  
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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](mailto: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](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...

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*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 Tower Foundation, The Oishei Foundation as well as businesses, foundations and caring individuals.