



# NACS NEWS

*A Tradition  
of Caring*

January 2022  
Volume 26, Issue 1

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

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## Influential American Indian Scholars

*By Academic Influence Staff*

(Information from Academic Influence website:

<https://academicinfluence.com/>)

Academic Influence is a team of academics and data scientists working to provide an objective, non-gameable influence-based ranking for the people, schools, and disciplinary programs that make up higher education. To that end, they have engineered an innovative and unbiased ranking technology that employs machine learning to measure the impact of work produced by the world's top academic influencers. Their **InfluenceRanking™** engine brings to light the achievements of top institutions and top academics across the world.

They have compiled a list of 35 scholars of American Indian descent that features historians, anthropologists, professors, and researchers alongside artists, authors, educators, and activists. These luminaries have helped shape the course of history within their communities, the broader cross-section of American Indian peoples, and for America as a whole.

Included in this list are 5 members of the Haudenosaunee, past and present. They are being recognized for their contributions to their respective nations and their historical, educational, and aesthetic impact on the world as a whole.

### **Richard W. Hill Sr.**

(1950 – Present)

Rick Hill is a citizen of the Beaver Clan of the Tuscarora Nation of the Haudenosaunee at Grand River. He holds a master's degree in American Studies from the State University of New York at Buffalo. He is the former Assistant Director for Public Programs, National Museum of the American Indian, Smithsonian Institution; Museum Director, Institute of American Indian Arts, Santa Fe, NM; and Assistant Professor, Native American Studies, SUNY Buffalo. He recently retired as Senior Project Coordinator of the Deyohahá:ge: Indigenous Knowledge Centre at Six Nations Polytechnic, Ohsweken, Ontario. Rick is currently a Distinguished Fellow – Adjunct Professor and curriculum developer at Mohawk

College, in Hamilton, Ontario.

### **Bertha Parker Pallan**

(1907 - 1978)

Bertha (Yeawas) "Birdie" Parker was born in 1907 in Chautauqua County, New York. Her mother, Beulah Tahamont (later Folsom), was an actress. Her father, Arthur C. Parker, was an archaeologist and the first president of the Society for American Archaeology. Her maternal grandparents were the actors Elijah "Chief Dark Cloud" Tahamont and Margaret (Dove Eye) Camp. As a child, she assisted her father in his excavations. Bertha Pallan Thurston Cody was an American archaeologist, working as an assistant in archaeology at the Southwest Museum. She was also married to actor Iron Eyes Cody. She is thought to be the first Native American female archaeologist of Abenaki and Seneca descent.

### **Jolene Rickard**

(1956 - Present)

Jolene Rickard, born 1956, citizen of the Tuscarora nation, Turtle clan, is an artist, curator and visual historian at Cornell University, specializing in indigenous peoples issues. Rickard is the granddaughter of Tusca-

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## **NATIVE AMERICAN COMMUNITY SERVICES**

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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**

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rora chief Clinton Rickard. In 1977 Jolene Rickard attended the London College of Printmaking. She received her BFA from the Rochester Institute of Technology and in 1991 she graduated with an MA from Buffalo State College. Rickard earned her Ph.D. in American Studies with a Native component from the University at Buffalo (SUNY) in 1996. Rickard co-curated two of the four permanent exhibitions for the Smithsonian's National Museum of the American Indian. Rickard is currently an Associate Professor in the Department of Art History and American Indian and Indigenous Studies at Cornell University and serves as the Director of the American Indian and Indigenous Studies Program. She also served as Interim Chair for the Art Department at Cornell between 2009 and 2010.[]

### **Audra Simpson**

(1969 – Present)

A member of the Kahnawà:ke Mohawk nation, Audra Simpson is a professor of anthropology at Columbia University. Simpson focuses on the politics of recognition, specifically the Kahnawà:ke Mohawk struggles in keeping their legal and cultural rights. Her book, Mohawk Interruptus: Political Life Across the Borders of Settler States (2014), was celebrated by Indigenous studies scholars as a critical addition to education on tribal community and national identity. As an anthropologist, a career in a field that is notorious for exploiting and thinking of Natives only in the past tense, Simpson pushes against these notions by centering on Native epistemologies.

### **James Thomas Stevens**

1966 – Present

James Thomas Stevens is an American poet and academic. He is a member of the Akwesasne Mo-

hawk Nation and currently teaches at the Institute of American Indian Arts in Santa Fe, New Mexico. James Thomas Stevens was born in Niagara Falls, New York, and his Mohawk name is Aronhió:ta's. His father was a Welsh-American and his mother is Mohawk. In 1993 Stevens earned his MFA in writing from Brown University Graduate Writing Program, where he had a full fellowship. He earned a Creative Writing AFA from the Institute of American Indian Arts, where he received the Gerald Red Elk Scholarship in 1990, allowing him to attend the Naropa Institute Summer Writing Program. Stevens briefly attended the School of Visual Arts and Brooklyn College in New York. Stevens was an associate professor in the English Department of SUNY Fredonia and the director of American Indian Studies. He has also been an Instructor of Poetry at Brown University and taught at Haskell Indian Nations University. He is an author of numerous volumes of poetry. An international poet with professional invitations to France, Turkey, and China, Stevens spoke at the IIPF (International Institute of Public Finance) in the United Nations in 2006. He formerly taught at Haskell Indian Nations University and remains a vibrant member of the Native community as well as a leading young American Poet.

Read the full list here:

[https://academicinfluence.com/rankings/people/influential-american-indian-scholars?utm\\_medium=email&utm\\_content=go\\_nascholars\\_e](https://academicinfluence.com/rankings/people/influential-american-indian-scholars?utm_medium=email&utm_content=go_nascholars_e)

# January is National Birth Defects Prevention Month

*submitted by George T. Ghosen, Editor*

**March of Dimes & CDC  
Raise Awareness of Birth  
Defects Across the Lifespan**  
ARLINGTON, Va., Dec. 7,  
2021 /PRNewswire/

As the country enters the third year of the COVID-19 pandemic, March of Dimes, the leading nonprofit fighting for the health of all moms and babies, and the U.S. Centers for Disease Control & Prevention (CDC) are providing tips women can take to have a healthy pregnancy and baby in recognition of National Birth Defects Awareness Month (January 2022). Awareness of birth defects across the lifespan helps provide individuals, parents, and families affected by birth defects with the information they need to seek proper care.

Each year, birth defects affect about 1 in every 33 babies born in the U.S., according to CDC. Mainly developing in the first three months of pregnancy as a baby's organs form, birth defects present as structural changes at birth that can affect one or more parts of the body (e.g. heart, brain, foot). An individual's genetics, behaviors, and social and environmental factors can impact risk for birth defects. Common birth defects include congenital heart defects, cleft lip and cleft palate and spina bifida. Even though all birth defects can't be prevented, there are things women can do to help have a healthy baby.

"The needs of individuals with birth defects evolve over the years. You are not alone in navigating these changes,"

said Dr. Karen Remley, Director for CDC's National Center on Birth Defects and Developmental Disabilities. "Join CDC and March of Dimes in our shared effort to connect individuals, families, and caregivers to resources and support services when they need them most."

Rates of birth defects vary across racial and ethnic groups. Compared to White babies, American Indian/Alaskan Native babies have higher occurrences of ear defects, cleft lip, Trisomy 18 (chromosome abnormality), Encephalocele (defect of the skull and brain) and limb deficiency; Black babies have higher rates of Encephalocele and Trisomy 18; and Hispanic babies have higher rates of Anencephaly (defect of the skull and brain), Encephalocele and Anotia/Microtia (defect of the ear).

"It's critical that women who are planning to conceive or are pregnant adopt healthy behaviors to reduce the chances of having a baby with birth defects, which are a leading cause of infant death," said Dr. Zsakeba Henderson, March of Dimes Senior Vice President and Interim Chief Medical and Health Officer. "We also encourage these women to get the COVID-19 vaccine since high fevers caused by an infection during the first trimester can increase the risk of birth defects."

Women can adopt behaviors to increase their chances of

having a healthy, full-term pregnancy and baby. Here are five tips to follow:

1. **Have a pre-pregnancy checkup.** Visit your health care provider to talk about managing your health conditions and creating a treatment plan before you are pregnant. Talk to them about all of the prescription and over-the-counter medicines, vitamins, and supplements you're taking. You should see your provider before each pregnancy as your health may have changed since you were last pregnant.
2. **Get vaccinated.** Speak with your health care provider about the vaccinations you need before each pregnancy, including the COVID-19 vaccine, flu shot and the pertussis (whooping cough) booster. Make sure your family also is up-to-date on their vaccinations to help prevent the spread of diseases. Pregnant people have a higher risk of severe illness or death from COVID-19 compared to those without the disease. The COVID-19 vaccination is recommended for all people aged 5 years and older, including people who are pregnant, lactating, trying to get pregnant or might get pregnant.
3. **Take folic acid.** Before becoming pregnant take a multivitamin containing 400 micrograms of folic acid every day and while you

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- are pregnant take 600 micrograms. Folic acid is a B vitamin that prevents serious birth defects of the brain and spine. Eat foods that contain folate, the natural form of folic acid, such as lentils, green leafy vegetables, black beans, and orange juice. You also can eat foods made from fortified grain products (which have folic acid added), such as bread, pasta and cereals and foods made from fortified corn masa flour, such as cornbread, corn tortillas, tacos, and tamales.
4. **Try to reach a healthy weight.** Talk to your health care provider about how to reach a healthy weight before becoming pregnant, as excess weight can affect your fertility and increase your risk of birth defects

and other complications. Maintain a healthy lifestyle that includes eating healthy foods and regular physical activity.

5. **Don't smoke, drink alcohol or use harmful substances.**
- a. Cigarettes and e-cigarettes contain harmful substances that can damage the placenta and/or reach the baby's bloodstream. Smoking cigarettes can cause certain birth defects, like cleft lip and palate. If you need help to quit smoking, talk to your health care provider or contact [Smoke-free.gov](http://Smoke-free.gov) (1-800-QUIT-NOW).
- b. It is not safe to drink alcohol at any time during pregnancy. This includes the first few weeks of pregnancy, when you might not even know you

are pregnant. Drinking alcohol can cause serious health problems for your baby, including birth defects. Additionally, do not take opioids. Opioids are drugs that are often used to treat pain. Opioid use in pregnancy can lead to neonatal abstinence syndrome (NAS) and preterm birth and may cause birth defects. Women should consult their physician before stopping or changing any prescribed medication.

If you or someone close to you needs help for a substance use disorder, talk to a health-care provider or call SAMHSA's National Helpline at 1-800-662-HELP (4357).

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## National Folic Acid Awareness Week

*submitted by George T. Ghosen, Editor*

National Folic Acid Awareness Week, observed during the first full week of January every year (January 3 – 9 this year), brings much-needed attention to this crucial vitamin that is especially important to women who are either pregnant or may become pregnant. This is because folic acid in one's diet is a key weapon in the fight against folate deficiency anemia in infants. In fact, if taken before conception and during early pregnancy, folic acid can also prevent up to 70% of some neural tube defects (serious birth defects of the brain and spine).

The powerful B vitamin has

been and continues to be added to staples such as flour and pasta, and it is also found in high proportions in unaltered foods like leafy greens, bread and legumes. It supports cardiovascular, brain, and neural health. Our bodies use folic acid to produce new cells, thus making it important in the development of a strong, healthy fetus.

So get in tune with the recommendations of the Centers for Disease Control (CDC) and the National Birth Defects Prevention Network (NBDPN), eat your broccoli

and get that folic acid in your system!

### Folic Acid Awareness Week FAQs

#### What are neural tube defects?

These are serious fetal brain and spinal cord defects, including spina bifida and anencephaly, that develop in early pregnancy. The neural tube, which will later form the spinal cord and early brain, does not close the way it should.

#### Are folic acid and folate the same thing?

Though the two terms are often used interchangeably, there is a difference between them. While 'folate' describes

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the several different forms of vitamin B9 that occur naturally as in citrus fruits and leafy greens, 'folic acid' refers to the artificially-added vitamin that is used to enrich flours, pastas and breads to specifically assist in preventing certain birth defects.

#### Are there other benefits to taking a folic acid supplement?

There are several, including diminished risk of arsenic poisoning from poor drinking water, but in the U.S. there is another that is perhaps more relevant: taking a regular dose of folic acid has been found to result in a significantly smaller risk of stroke and other heart ailments connected with hypertension (high blood pressure).

#### **How to Observe Folic Acid Awareness Week**

##### **1. Learn about birth defects and their prevention.**

As we've seen, lack of folic acid can lead to some unfortunate and serious neural tube defects in unborn babies. Take the time to better inform yourself about the ways in which some defects can be prevented. Knowledge is power.

##### **2. Spread the word on social media.**

Help call attention to National Folic Acid Awareness Week by giving it some love on your socials. The more people who know about the importance of folic acid, the better. (Hint: Official social media "kits" can be found on the .gov sites that focus on folic acid.)

##### **3. Incorporate more folic acid into your diet.**

We all can benefit from a little extra folic acid in our diets. Luckily, getting this important B vitamin is pretty darn easy. There are a ton of multivitamins out there that contain folic acid, and many foods like grains, pasta, and cereals are fortified with folic acid. We'll share a hot tip with you: cooked broccoli actually contains more B9 than raw broccoli does!

#### **5 AMAZING FACTS ABOUT B VITAMINS**

##### **1. There are eight types of B vitamin**

These include thiamin, riboflavin, niacin, and more, as well as folic acid, and they are all water-soluble and unable to be stored well by the human body.

##### **2. We can "B" in the majority**

Our bodies need a total of thirteen vitamins, and since the "B-complex" makes up eight of those, it's arguably accurate to say that they're the most needed.

##### **3. Broccoli: the exception that proves the rule**

B vitamins dissolve in water and are easily destroyed by things like heat or alcohol.

##### **4. "Don't try this at home"**

It's important not to try to self-diagnose a vitamin deficiency – the reason for this is that if you do so, and then conclude that the cure is to take larger doses of your vitamins, you run the risk of toxicity, depending on the specific vitamin and the amount of overdose.

##### **5. Attention, vegans!**

Vitamin B12 (cyanocobalamin), which has a close relationship with folic acid, only comes from animal sources unless you take it in a supplement.

#### **WHY NATIONAL FOLIC ACID AWARENESS WEEK IS IMPORTANT**

##### **1. Folic acid makes healthy babies**

Babies are serious business. According to the CDC, a pregnant mom who gets adequate amounts of folic acid reduces the risk of spina bifida and anencephaly by around 70 percent. That's definitely a reason to pop a prenatal vitamin!

##### **2. It brings attention to birth defects**

Folic Acid Awareness Week happens in January — which is also National Birth Defects Prevention Month. Let's do our part to reduce the chances of babies being born with some possibly preventable illnesses.

##### **3. It encourages women to start taking folic acid before becoming pregnant**

A ton of crucial fetal development happens within the first few weeks of pregnancy, a time when many moms-to-be usually have no idea that they are even expecting. Doctors typically encourage women of childbearing age to either take a multivitamin or eat foods rich in folic acid before becoming pregnant.

#### Resource:

<https://nationaltoday.com/folic-acid-awareness-week/>

# 6 Superfoods for Flu Season

*What to eat or drink to build a stronger defense this winter*

*by Hallie Levine, AARP, November 1, 2021*

The saying “you are what you eat” applies to your entire body, but it’s especially important when it comes to your immune system during flu season. “As we get older, our immunity starts to decline, but if we get the right nutrients, we can help our immune systems do their jobs to protect us against viruses like the flu,” says Samantha Heller, a New York City nutritionist.

You can keep it in tip-top shape during this flu season - which may be a doozy - if you focus on a plant-based diet rich in whole unprocessed foods, Heller adds. One of the best eating patterns to illustrate this is the Mediterranean diet, which is rich in fruits, veggies, whole grains, nuts, beans and healthy fats like fatty fish and olive oil. A study published this past March in the journal *Frontiers in Nutrition* found that people who followed this diet were less likely to become infected by or die from COVID-19, suggesting it may provide an immune system boost that could protect you from other viral infections, too.

Here are more immunity boosting foods that research, and nutritionists, recommend for right now.

## 1. Green tea

Whether these particular tea leaves can really fend off the flu has been a source of debate among health researchers for years. But a new meta-analysis published in July in the journal *Molecules* looked at more than eight studies in-

volving more than 5,000 participants to conclude there really is ample evidence to believe the beverage - and specifically, the catechins that provide its antioxidant power - can help your immune system fend off influenza.

## 2. Sweet potatoes

They’re a great source of beta carotene, a phytonutrient that helps your body make vitamin A. “It supports respiratory health by increasing the number of immune cells in the body,” explains Anna Taylor, lead outpatient clinical dietitian at the Cleveland Clinic’s Center for Human Nutrition. This is especially important for older adults, as our bodies make fewer immune cells as we age, she adds. But instead of cooking them with butter or brown sugar, Taylor recommends that you roast them with olive oil, oregano and black pepper. “You’ll get additional benefits from the spices, but you’re not loading up on sugar and saturated fat, both of which suppress your immune system,” she says.

## 3. Berries

They’re a rich source of vitamin C, which stimulates production of infection fighting white blood cells, says Taylor. A 2018 review of studies found that berries increased levels of disease fighting cells in older adults, such as natural killer cells and T-cells. They also contain flavonoids, substances that have antioxidant properties

and protect all your cells - including your immune system cells - from damage, she adds. It’s so easy to incorporate them into your diet: “Add them to your morning yogurt or oatmeal, or even cook them and throw them on your French toast instead of maple syrup,” Taylor recommends.

## 4. Beans

Chickpeas, black beans, kidney beans ... they’re all high in zinc, which helps boost your body’s production of white blood cells that can help fend off viruses such as the flu, Taylor says. “Zinc deficiency has been linked to immune system dysfunction,” she notes. Taylor recommends at least a half a cup of cooked beans three times a week. You can throw them into soups, chili, salads or even rice dishes. For a healthy crunchy snack, roast chickpeas in some olive oil.

## 5. Nuts and seeds

These foods are rich in vitamin E, which plays a key role in your immune system by supporting the growth of T-cells, says Lauri Wright, chair of the Department of Nutrition and Dietetics at the University of North Florida. They’re also a good source of omega-6 fatty acids. Walnuts are an especially good choice, as research shows they have a very positive effect on your gut microbiome, says Kate Cohen a registered dietitian nutritionist with the Ellison Institute for Transformative Medicine at Providence Saint John’s Health Center in Santa Monica, Cali-

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fornia. They also have more alpha linolenic acid - an essential fatty acid important for immune function - than any other type of nut.

## 6. Salmon

It's not plant based, but it is one of the few foods that provides vitamin D, which plays a huge role in regulating your immune system, says Jennifer McDaniel, owner of McDaniel Nutrition Therapy in Clayton, Missouri. A 2020 study published in the journal Journal of the American Medical Association Network Open found that people who had untreated vita-

min D deficiency were almost twice as likely to test positive for COVID-19 as patients who had sufficient levels of the vitamin. A six-ounce salmon filet has about 600 IU of vitamin D, which is close to the 800 IU that is recommended for people 70 and older. Another bonus: It's rich in omega-3 fatty acids, which have also been shown to strengthen your immune system.

If you're not a fan of fish, McDaniel suggests marinating it in brown sugar and Dijon mustard for 45 minutes, then throwing it on the grill.

"It mellows out that fishy taste, and it gives it a smoky flavor," she explains. Canned salmon counts, too: Throw it over a salad for a quick meal, she adds.

### Resource:

[https://www.aarp.org/health/healthy-living/info-2021/superfoods-to-fight-flu.html?cmp=EMC-DSO-NLC-WBLTR--BAU-110521-F1-5914073&ET\\_CID=5914073&ET\\_RID=24911613&encparam=Os%2fAKz7BTUOsIYfmGfaw-tapiByMoby6vBa2HQuccuG8%3d](https://www.aarp.org/health/healthy-living/info-2021/superfoods-to-fight-flu.html?cmp=EMC-DSO-NLC-WBLTR--BAU-110521-F1-5914073&ET_CID=5914073&ET_RID=24911613&encparam=Os%2fAKz7BTUOsIYfmGfaw-tapiByMoby6vBa2HQuccuG8%3d)

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# Top 7 Reasons Why People Fail To Follow A Healthy Diet

When people start a diet, they do it with the best of intentions – they have a clear picture in their mind, they have defined their weight loss goals and they are determined to achieve them no matter what. Nonetheless, following a diet for more than just several days can turn out to be a daunting task – especially if you have a slow metabolism and you do not lose weight at a fast pace. There are many reasons why people fail to follow healthy diets, from the lack of motivation to draconian diets and here you will find 7 of the most common ones:

## 1. People Are Too Hard On Themselves

One of the most common reasons why many people are unable to follow a diet is because they are too hard on themselves. If you were

used to eating fast food and sugary products and all of a sudden you switch to a diet based solely on fruit or vegetable, your body will find it extremely difficult to adapt. These abrupt changes usually do not end up well – you can spoil yourself every once in a while throughout the diet, as long as you do not binge on sweets. If your body goes into starvation mode, it is almost impossible for you to resist the urge to eat the food you were used to. Diets must be implemented slowly but surely, not abruptly.

## 2. They Do Not Track Progress

This is another one of the most common 7 reasons people fail to follow a healthy diet. If you do not track progress, you are unlikely to know how much

weight you have lost already and this can be very discouraging for most of us. In the end, you cannot measure your progress (or see whether there is any progress at all) if you do not track your weight loss efforts.

## 3. They Focus Solely On The Diet

In most of the cases, the diet alone will not help you lose weight – or, better said, it will not help you lose impressive amounts of weight. If you have ambitious weight loss goals, then the diet you follow must be accompanied by the correct lifestyle changes. Most people fail to follow their diet because they do not couple it with two essential factors for efficient weight loss: good quality night's sleep and regular physical exercises.

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#### **4. No Moral Support From Friends Or Family**

Moral support is essential for those who are trying to lose weight, as this is a serious and difficult process that involves a lot of determination and will power. Sometimes, people tend to lose both of them throughout the diet – when that happens, it is vital to have somebody to offer you the moral support you need to go on. If you have been eating vegetables the entire day and your siblings come home with a delicious chocolate cake and they eat it right in front of you, that will certainly not help at all.

As human beings, we need constant support otherwise we are prone to fail in achieving our goals, regardless of their nature. This is why your close friends and relatives must be fully aware of your plans and support your decision.

#### **5. Lack Of Ambition**

Overweight people are in a continuous battle with extra

pounds, because even if they manage to get rid of excess weight and reach a normal weight, they still have to struggle to prevent the rebound effect. This is where ambition steps in and plays a decisive role. Unfortunately, another reason why many people fail to follow their diet is that they accept defeat too easily – most of the times, they give up the fight before it even starts. The reasons why this happens are many, but generally they did not have strong motivation in the first place.

#### **6. Slow Metabolism**

Many people confront with the problem of slow metabolism, but this issue can be particularly bothersome for those who are on a weight loss diet. If you follow a draconian diet and you exhaust yourself at the gym, then you certainly want to see some rewarding results for your effort. However, slow metabolism means slow weight loss, and this is highly demotivational for many people. It

is all about body composition, not to mention the plateau period which can last up to several weeks. Many people choose to give up if they do not see the scale moving as much as they would like it to move.

#### **7. Their Diets Do Not Provide Them With The Necessary Nutrients**

Last, but not least, what many people fail to understand is that they must focus on a diet that provides them with all the precious nutrients that ensure the proper functioning of their body. The diet must be low in calories, not low in nutrients and vitamins, minerals and amino acids play a pivotal role for your overall health and well-being. If you do not fuel your body properly, you will feel hungry throughout the entire day and you will eventually give up and binge on food. Do not underestimate hunger, as it can be your worst enemy!

Resource:

<https://fitnea.com/top-7-reasons-why-people-fail-to-follow-a-healthy-diet/>





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

***Proudly Announces a New Series of Trainings in January & February 2022***

\*Please register for your preferred session(s), using the links provided below.

### **“Introduction to Native American Cultural Competency”**

These one-hour sessions provide brief overviews of Native cultures, health challenges facing many communities, historical traumas, how to engage with Native American peoples more respectfully, and efforts to restore community wellbeing.

**Mon., January 24, 2022, 12 – 1 pm**

<https://us06web.zoom.us/meeting/register/tZYsce6hqz0sE9Lxd6cVLSz7Getb8U1BQzj>

**Fri., February 4, 2022, 12 - 1 pm**

<https://us06web.zoom.us/meeting/register/tZEvcuuvrzwHtV06bZaaSwgbr8hkz-9sC8Z>

**Thu., February 17, 2022, 3:30 - 4:30 pm**

<https://us06web.zoom.us/meeting/register/tZMtcuyorz8sE9YDI3Uz4tJYU3NawUsL35Vt>

### **“Overview of Native American Cultural Competency”**

These four-hour sessions include deeper discussions of traditional Native cultures, Trauma-Informed Care, Historical Traumas, a screening and discussion of “Unseen Tears: The Impact of Residential Boarding Schools,” strategies to move ahead, and more.

**Fri., January 14, 2022, 9 am – 1 pm**

<https://us06web.zoom.us/meeting/register/tZlPdOivqTssGtBAuRVdgn6j925sKYw54DdR>

**Wed., January 19, 2022, 6:30 – 8:30 pm, followed by Wed., January 26, 6:30 – 8:30 pm**  
**(please register for the first day and a second link will be sent after the first session)**

<https://us06web.zoom.us/meeting/register/tZlkd--tpzsjG9a6OHwi3aj9Ui7HI8vOxLsx>

**Wed., February 16, 2022, 9 am – 1 pm**

<https://us06web.zoom.us/meeting/register/tZYucuuprDkrGdb-MCGQ014tRXt8XJgnOuDm>

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

This training series is funded by New York State Office of Addiction Services & Supports, as well as businesses, foundations, and caring individuals, like you! OASAS Certificates of Completion will be issued for these training sessions.

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



## **The BELL Project: January Announcements**

### **Online Winter Reading Challenge**

There's SNOW better time to read!

Saturday, Jan. 1 - Saturday, Feb. 26, 2022

Submit book reviews for a chance to win prizes:

<http://becplny08.readsquared.com/>

Grand Prize for Kids: Amazon Kindle Fire HD 10 Kids Edition Tablet 10.1" 1080P Full HD Display, 32 GB, with a green or purple kid-proof case

Grand Prize for Teens & Adults include Kindle tablets and gift cards

**This challenge is for Kids, Teens, and Adults!**

["Online Winter Reading Challenge - Buffalo & Erie County Public Library - Buffalo & Erie County Public Library \(libcal.com\)"](#)



## WORKFORCE DEVELOPMENT SERVICES

*"Every accomplishment starts with  
the decision to try."*

*- John F Kennedy -*

### 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

1005 Grant St.

Buffalo, N.Y. 14207

Colleen Casali

716-874-2797

Ext. 314

We have offices in Buffalo,  
Niagara Falls & Lockport

*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*

Native American Community Services

# FOOD PANTRY

1005 Grant St  
Buffalo NY, 14207

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



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

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

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

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

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



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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...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please detach and return to:

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

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City / State / Zip Code

\_\_\_\_\_  
Phone

☐ Please add me to your mailing list!

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; Jessie Smith Noyes Foundation; The Cullen Foundation; The Tower Foundation, The Oishei Foundation as well as businesses, foundations and caring individuals.