



NACS News

*A Tradition
of Caring*

July 2022
Volume 26, Issue 7

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

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Summer Safety Tips!

submitted by Star Wheeler, Health & Wellness Coordinator

Summer is the most dangerous season for traffic accidents but there are plenty of other things to be cautious around in the summer season as well. The best way to stay safe from serious accidents and injuries is to PREVENT them from happening! Being a defensive driver, never driving under the influence of drugs or alcohol, never getting into a car with someone who's ability has been impaired by drugs or alcohol are some easy ways to prevent traffic accidents. What other things can we do to prevent accidents and injuries of all kinds this summer?

When spending time outdoors on a hot summer day, especially with children, it is important to carry along some basic items. Sunscreen, bug spray, sanitizer – check! Sunscreen is important for protecting our skin from harmful sun rays. Higher SPF = more protection. If you are wary of the chemicals and ingredients in sunscreen you can also protect yourself by covering as much skin as possible in thin, breathable layers, staying in the shade, and avoiding being outside between 10am-4pm when

the sun is the strongest. Bug spray isn't just for keep the annoying flying pests away, it helps protect us from all the harmful diseases they could carry! Don't forget the sanitizer for when your outdoor adventures might not take you near a bathroom to properly wash your hands, stay protected from the harmful germs and diseases our human friends might be carrying as well! Be sure to carry a first aid kit with some basic items (band-aids, antibiotic ointment, tweezers, gauze, aloe, etc.) for any accidents and injuries that are not prevented!

BBQ season can carry some of the amazing memories but let's use caution to make sure those memories are happy ones! Make sure your grill is clean before use and moved 10 feet away from the house. Never leave a grill unattended and keep a spray bottle handy to put out any small fires from dripping meat grease. Keep small decorations, plants, and anything flammable away from the grill. Make sure children know to stay away from hot grills.

Do not eat any food that has been sitting out in the hot sun too long. Bringing fireworks to the party? It is safest to attend public fireworks displays being lit by professionals. Many places it is even illegal to light them off yourself (seriously, don't start your neighbors house on fire!) Keep fireworks out of the hands of children and NEVER point them at anyone. Keep a hose or bucket of water nearby in case of emergencies and avoid any dry grass, leaves, brush or other flammable material.

Always play it safe! Wear proper equipment for the activity. Always wear a helmet when riding a bike and follow the rules of the road. Younger kids should further protect themselves with elbow and knee pads. Inexperienced swimmers should always wear a life jacket, and no one should ever swim alone (even adults!) Activities with small risks such as hiking is best with another person too, in case the worst happens! When going to community playgrounds always inspect the equipment for any safety issues and check that the

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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

(Continued from page 1)

ground is safe play material (rubber, pea gravel, etc.). I love to take a garbage bag to the playground with me and pickup any large trash and leave the park looking better than we found it. This also helps me find any smaller hazards (such as broken glass or other sharp objects) that I might not notice otherwise! Always tell someone your plans and when you expect to return.

What is the best way to stay safe this summer? Drinking responsibly. I'm talking about WATER! Stay hydrated by drinking a lot of water, especially on hot days. If plain water isn't your thing, try infusing it with some fruit. For adults, 21 and over, who choose to drink a little bit of alcohol be aware that alcohol dehydrates you faster and make sure to drink water too. Studies show that drinking alcohol can actually cause

you to sunburn faster (or maybe it just makes you less cautious, and you forget to seek shade and reapply sunscreen.) Always have a responsible, sober driver.

Choosing to stay sober this summer? Know you aren't alone! Summer can be full of temptations. It seems like every gathering has alcohol; public, private, "family friendly". Stay connected with supportive sober peers. Know your triggers and avoid them. Try a substitute such as "mocktails" or even better, treat yourself to a fruit infused water beverage. Summer is a perfect time to get involved with healthy (and affordable!) hobbies such as hiking, biking, or kayaking. Outside Chronicles on facebook has an amazing "Urban Treks Challenge" where you can connect with nature, right in your own city!



DID YOU KNOW?

The belief that all Natives are lactose intolerant has some truth to it. It can take 20 generations for our DNA and bodies to adapt to a location and diet. This directly affects our digestion and why many Native people have difficulty digesting post-colonial foods such as milk, cheese, wheat and gluten. Our bodies do not have the enzymes to process these foods. This is due to dislocation from traditional lands for many Nations and the destruction of ancestral foodways.

Native Food Is Medicine
Vanessa Quezada, PharmD (2022)

Medaille University President Retires; Lori Quigley To Take Over In Interim

excerpts from Buffalo News, 6/22/22

Kenneth Macur, the Medaille University president since 2015, has retired. The university board of trustees has named Lori V. Quigley, PhD, a former provost and senior vice president at Medaille from 2016 to 2020, as interim president, effective immediately.

“Our students, faculty, staff, alumni and longstanding supporters will be well served by Dr. Quigley’s deep knowledge of the University from her prior role as provost, senior vice president for academic affairs and chief academic officer at Medaille,” said Michael K. Walsh, chair of Medaille’s Board of Trustees. “She has the full endorsement of the Board of Trustees, and we will support her leadership through this time of transition.”

Quigley, Medaille’s new interim president, has served as chair of the board of directors for

Seneca Gaming Corporation. A member of the Seneca nation, Quigley has a long resume in higher education. Prior to joining Seneca Gaming, whose president and CEO report directly to her, she was assistant to the provost for Graduate Programs at Niagara University.



Before that, she was provost and senior vice president for Academic Affairs and chief academic officer at Medaille from July 2016 to April 2020. She previously served as dean and as a professor of literary education at The Sage Colleges in Troy and

Albany, as associate dean in the school of education at SUNY Buffalo State and on the teaching faculty at Buffalo State and St. Bonaventure University, where she obtained her bachelor’s degree. She holds a master’s degree in communications and a doctorate in philosophy from Fordham University in New York City.

Quigley provided the following comment from her in its release: “As interim president, I pledge to lead with integrity in acknowledging and valuing the contributions that each member of the faculty and staff provide in ensuring the academic success of the students we serve. I remain grateful to the Medaille Board of Trustees for the confidence they have placed in me during this transition period.”

Congratulations Dr. Quigley!



NACS Clubhouse would like to congratulate two of our members on graduating high school this June!

Congratulations to Jayde Hill & Cheyenne Johns.

We are proud of you two and wish you all the best on your next adventure.

- NACS Clubhouse Staff

The Clubhouse is BACK with IN-PERSON programming all month!

By way of the Generator Z Grant, we will be hosting a series of traditional clothing making classes for Clubhouse members.

- Youth aged 13-18 are welcomed to join
- Sessions are FREE and hands-on with sewing machines and materials included
- Each participant will walk away with their own unique piece of traditional Haudenosaunee regalia clothing
- Each session will have transportation and refreshments available
- Families are welcomed to attend with youth!

Native American Community Services Youth Clubhouse presents

Learning Our Ways One Stitch at a Time

Traditional Clothes Making Series, July 2022



7/6 & 7/7	Ribbon Skirt Making with Mary Jacobs
7/11 & 7/12	Medallion Making with Mary Clause
7/13 & 7/14	Moccasin Making with Sam Jacobs
7/20 & 7/21	Ribbon Skirt Making with Faye Lone
7/24	Beaded Purse Making with Arvien Stevens
TBA	Ribbon Skirt Making with Kim Bomberly




Please register by calling, texting or emailing
716-449-6405, aking@nacswny.org



We are kicking off the “Learning Our Ways” series with a ribbon skirt making class hosted by Mary Jacobs on Wednesday July 6th and Thursday July 7th. Youth will be able to select their own, colored fabric and ribbons, as well as learn to utilize the sewing machines we have available. Please notify Native youth of this opportunity who may be interested and direct them to register by calling or emailing 716-449-6405, aking@nacswny.org

Our Save the Date flyer has been posted on the Clubhouse Instagram account. Make sure you are following the page to stay up to date with current and future events! @nacs_clubhouse

Native American Community Services Youth Clubhouse presents



Learning Our Ways One Stitch at a Time





Ribbon Skirt Making with Mary Jacobs

for Erie & Niagara County youth ages 13-18

Wednesday, July 6th & Thursday, July 7th, 2022


NACS Office
1005 Grant St.
Buffalo, New York 14207
6-9pm

Please register by calling, texting or emailing
716-449-6405, aking@nacswny.org



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Native American Community Services Youth Clubhouse presents



Learning Our Ways One Stitch at a Time


Beaded Medallion Making with Mary Clause

for Erie & Niagara County youth ages 13-18

Monday, July 11th & Tuesday, July 12th, 2022

NACS Office
1005 Grant St.
Buffalo, New York 14207
4-8pm

Please register by calling, texting or emailing
716-449-6405, aking@nacswny.org



We will continue the series with beaded medallion making hosted by Mary Clause on Monday, July 11th and Tuesday, July 12th. Participants need to attend both sessions in order to complete the medallion making process. Sessions will be held in the common area of the NACS office with transportation and refreshments available.

Please notify Native youth who may be interested and direct them to register by calling or emailing 716-449-6405, aking@nacswny.org

Youth will learn step-by-step, how to construct their own pair of wearable moccasins. Each participant will measure and trace their shoe size, create a pattern they like and leave the session with a pair of moccasins to keep! All supplies are provided as well as transportation and refreshments being available.

Please notify Native youth who may be interested and direct them to register by calling or emailing 716-449-6405, aking@nacswny.org

Native American Community Services Youth Clubhouse presents:

Moccasin Making Class

with Sam Jacobs

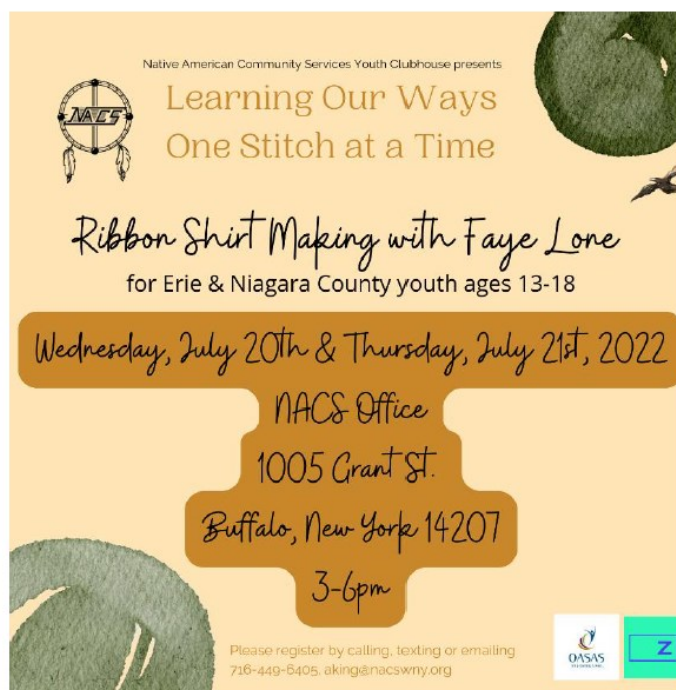


Wednesday, July 13th & Thursday July 14th, 2022

12-6 pm
NACS Office
1005 Grant St.
Buffalo, NY 14207

All supplies are provided. Pre-Registration Required (limited slots available).

Please register by calling, texting or emailing 716-449-6405, aking@nacswny.org



Youth will have the opportunity to make ribbon shirts with Faye Lone at our Grant St. office on Wednesday, July 20th and Thursday July 21st. All construction materials will be provided with transportation and refreshments available for participants.

Please notify Native youth of this opportunity who may be interested and direct them to register by calling or emailing 716-449-6405, aking@nacswny.org


We will have a beaded purse making series for youth at our Erie County Clubhouse on Friday, July 24th, 2022, from 12-6pm. This six-hour session is all inclusive, with materials, transportation, and food available for participants. Each attendee will leave the session with their own completed beaded purse.

Please notify Native youth of this opportunity who may be interested and direct them to register by calling or emailing 716-449-6405, aking@nacswny.org



Check the calendar below for upcoming events at the Clubhouse. Stay tuned for more information!

Native American Community Services Youth Clubhouse presents



Learning Our Ways One Stitch at a Time Events Calendar

for Erie and Niagara county youth aged 13-18


July 2022

TBA Dates:

Ribbon Skirt Making with Kim Bomberry
12-4pm
Indigenous Attractions
1626 Military Rd.
Niagara Falls, NY 14304

Social Dance
Niagara Falls

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
			6 Ribbon Skirts with Mary Jacobs 6 – 9 pm 1005 Grant St. Buffalo, NY 14207	7 Ribbon Skirts with Mary Jacobs 6 – 9 pm 1005 Grant St. Buffalo, NY 14207		
	11 Beaded Medallions with Mary Clause 4 – 8 pm 1005 Grant St. Buffalo, NY 14207	12 Beaded Medallions with Mary Clause 4 – 8 pm 1005 Grant St. Buffalo, NY 14207	13 Moccasins with Sam Jacobs 6 – 9 pm 1005 Grant St. Buffalo, NY 14207	14 Moccasins with Sam Jacobs 6 – 9 pm 1005 Grant St. Buffalo, NY 14207		
			20 Ribbon Shirts with Faye Lone 3 – 6 pm 1005 Grant St. Buffalo, NY 14207	21 Ribbon Shirts with Faye Lone 3 – 6 pm 1005 Grant St. Buffalo, NY 14207		
24 Beaded Purses with Arylen Stevens 12 – 6 pm 1005 Grant St. Buffalo, NY 14207						

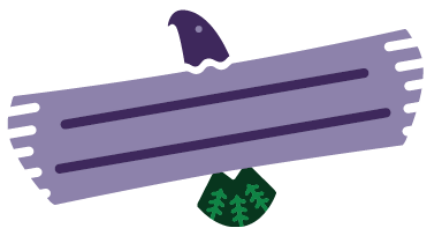


Celebrating National HIV Awareness Month

submitted by Casey Bednarski, Adolescent Pregnancy Prevention

This July, while we're celebrating Independence Day and Buffalo's summer weather, the Stages of Life Empowerment Program wants to remind you to add National HIV Awareness Month to your calendar. This national observance falls in July of each year, beginning a decade ago in 2012. It was originally created with the intention of bringing attention to the HIV epidemic and continuing the conversation about HIV prevention and treatment. Fostering public awareness has always been critical when it comes to increasing HIV prevention efforts and ending HIV stigma, which is why National HIV Awareness Month is so important.

In addition to increasing awareness, another goal of National HIV Awareness Month is to encourage people to get tested. We recently celebrated National HIV Testing Day on June 27, which began in 1995. Getting tested for HIV is critical for reducing the impact of this virus, and moving towards the end of HIV. If you're wondering what you can do to observe National HIV Awareness Month, we recommend getting tested so you can know your status! Testing is fast, easy, and often free; there's even an oral test available for those who want to avoid needles. Knowing your status is a great way to keep yourself and your loved ones safe, and the Stages of Life Empowerment Program is always available to help our community connect with additional resources and education.



INDIGENOUS & RURAL PATIENT NAVIGATION

HOW TO JOIN

- 1** Call 1-888-RPGUIDE
- 2** A team member will fill out a Cancer Screening and Prevention assessment with you to see what cancer screenings are recommended for you and will discuss your concerns.
- 3** Connect you to the available resources that meet your needs.
Whenever possible we can connect you with a navigator that works in or near your community.
- 4** A patient navigator will follow up with you to make sure your needs are being met.



COMMUNITY PATIENT NAVIGATION SERVICE

Indigenous & Rural Patient Navigation is a free, non-clinical, service for Indigenous and Rural community members looking for recommended cancer screening and education, additional support and resources for cancer care.

PATIENT NAVIGATOR LOCATIONS

— VIRTUAL —

1-888-RPGUIDE
(1-888-774-8433)

— COMMUNITY —

**Serving Seneca Nation
Communities**

Lockport Service Unit

— FEDERALLY QUALIFIED —
HEALTH CENTERS

**Community Health Center
of Niagara**

*Buffalo, Cheektowaga, Niagara Falls,
& Lockport, NY*

The Chautauqua Center
Dunkirk & Jamestown, NY

Universal Primary Care
Olean, Cuba, Houghton & Salamanca, NY



GIVE 716



NACS is excited to announce that we will be participating in the Give 716 fundraising event for the 2nd year in a row!

WHAT IS 716?

Give 716 was conceived by the Buffalo Bills Foundation and the Buffalo Sabres Foundation in order to address urgent needs of the nonprofit community as a whole. The Buffalo Bills and Buffalo Sabres organizations are dedicating a tremendous amount of resources in an effort to help as many nonprofits as possible.

Give 716 is a community's day of online giving. The 28-hour period provides an easy and fun way for our entire community to unite in support of local nonprofits.

The goal of Give 716 is simple, to unite Bills and Sabres fans with the Western New York community in an epic day of giving! It also aims to bring awareness and develop deeper, more meaningful connections between nonprofits providing the vital supporting services to our community.

WHERE: On-line (NACS QR Code & link will be provided soon!)

WHEN: July 14, 2022, starting at 7:16pm ends Saturday, July 16, 2022, at 7:16am

HOW IT WORKS?

During the 28-hour period you will be able to donate to our organization, you will be recognized on our NACS page through the website. With your donation you will be providing NACS an opportunity to receive match funds, grants, and to promote the great work we do here at NACS.

We will post on our social media outlets, newsletter, and emails NACS QR code to donate and a link so that you can donate to our organization.

Any donation is greatly appreciated, Give 716 is providing a free t-shirt to the first 3000 donors!

You can visit www.give716.org for more information about the event, and if you use the search (by Charity name) type in Native American Community Services you will see our page! We hope you consider donating.



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

Counties we serve:

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

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

Funded by the US Department of Labor

Workforce Development Services

Submitted by Colleen Casali – Economic Empowerment Services Director

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 of 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 Buffalo Office at (716) 574-9731; Rochester Office at (585) 514-3984 or Syracuse Office at (315) 322-8754 Office hours **Monday – Friday, 8:30 am – 5:00 pm.**

If you prefer email you can reach Tianna at tporter@nacswny.org; Colleen at cacasali@nacswny.org or Becky at rwaterman@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.**

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

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

gghosen@nacswny.org

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

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

<p>Please accept my contribution of:</p> <p><input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> \$50</p> <p><input type="checkbox"/> \$100 <input type="checkbox"/> Other: _____</p> <p>I'd like to volunteer my time. I can...</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Please detach and return to:</p> <p>Native American Community Services of Erie & Niagara Counties, Inc. 1005 Grant Street, Buffalo, New York 14207</p>	<p>_____</p> <p>Name</p> <p>_____</p> <p>Address</p> <p>_____</p> <p>City / State / Zip Code</p> <p>_____</p> <p>Phone</p> <p><input type="checkbox"/> Please add me to your mailing list!</p>
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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.