



NACS News

*A Tradition
of Caring*

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

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Summertime Tip: Talking To Kids About Alcohol

submitted by: Star Wheeler, Health & Wellness Prevention Specialist



As summer gets underway, it can be a time full of fun and festivities! But summer can also be a time when young people cut loose and engage in underage drinking. Youth may be unaware of the dire consequences that drinking alcoholic beverages can have on their young lives. Drunk driving accidents, assaults and arrests are just a few of the things that can result from underage drinking. Therefore, it is vital to have a conversation with your child about underage drinking before the damage is done.

Research shows that parents are the #1 reason young people decide not to drink. So, start talking to your children about alcohol before they start drinking—as early as 9 years old. Even if it doesn't seem like it, they really do hear you.

Talking To Kids About Alcohol 5 Conversation Goals

1. Show you disapprove of underage drinking.

Over 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink. So they really are listening, and it's important that you send a clear

and strong message.

2. Show you care about your child's happiness and well-being.

Young people are more likely to listen when they know you're on their side. Try to reinforce why you don't want your child to drink—not just because you say so, but because you want your child to be happy and safe. The conversation will go a lot better if you're working with, and not against, your child.

3. Show you're a good source of information about alcohol.

You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don't want your child to be learning about alcohol from friends, the internet, or the media—you want to establish yourself as a trustworthy source of information.

4. Show you're paying attention and you'll notice if your child drinks.

You want to show you're keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

5. Build your child's skills

and strategies for avoiding underage drinking.

Even if your child doesn't want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you'll need to build skills and practice them. *Keep it low-key. Don't worry, you don't have to get everything across in one talk. Many small talks are better.*

(this information taken from the website:

<http://beta.samhsa.gov/underage-drinking/parent-resources/5-conversation-goals>

Single Binge Drinking Episode Can Disrupt Immune System Health

One binge drinking episode can negatively affect the health status of healthy individuals, reports "[Acute Binge Drinking Increases Serum Endotoxin and Bacterial DNA Levels in Healthy Individuals.](#)" Scientists report that binge drinking can lead to toxic bacterial release from the gut and can contribute to toxins in the bloodstream. Authors Shashi Bala and colleagues at the University of Massachusetts

(Continued on page 2)

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If you are planning on moving or changing your address, please contact NACS so we may update our mailing list. Call (716) 874-2797, ext. 378 or send an email to: gghosen@nacswny.org

(Continued from page 1)

Medical School examined binge drinking's effects on various body organs and immune system responses in healthy adults. The study's conclusions appear online in the May 14, 2014, issue of *PLOS ONE*. The National Institutes of Health funded this research. According to [Results from the 2012 National Survey on Drug Use and Health](#), "Rates of binge alcohol use in 2012 were 0.9 percent among 12 or 13 year olds, 5.4 percent among 14 or 15 year olds, 15.0 percent among 16 or 17 year olds, and 30.5 percent among persons aged 18 to 20."

For more information, please visit the website:

underagedrinking.samhsa.gov

So be careful this summer and treat your body to a healthy and refreshing non-alcoholic beverage (see below). Your body will thank you for it.

Cool off this summer with these refreshing drinks! Tastes good and good for you!

World's Best Smoothie



Slurp down this smoothie at breakfast, and you'll feel satisfied until lunchtime.

SERVINGS: 1

1 c plain nonfat yogurt
1 banana
½ c orange juice
6 frozen strawberries

COMBINE the yogurt, banana, juice, and strawberries for 20 seconds. Scrape down the sides and blend for an additional 15 seconds.

NUTRITION (per serving) 300 cal, 14 g pro, 63 g carb, 5 g fiber, 45 g sugars, 0.5 g fat, 0 g sat fat, 180 mg sodium

Orange Dream Creamsicle

Need to cool down after a hot day at the beach or a humid Buffalo day? Lap up this low-cal, citrus-infused drink.

SERVINGS: 1

1 navel orange, peeled
¼ c fat-free half-and-half or fat-free yogurt
2 Tbsp frozen orange juice concentrate
¼ tsp vanilla extract
4 ice cubes

COMBINE the orange, half-and-half or yogurt, orange juice concentrate, vanilla, and ice cubes. Process until smooth.

NUTRITION (per serving) 160 cal, 3 g pro, 36 g carb, 3 g fiber, 28 g sugars, 1 g fat, 0.5 g sat fat, 60 mg sodium

**Have a safe and fun summer!!!!!!
From your friends in NACS' Health
& Wellness component**



Fun things to do this summer without alcohol!

- ♦ See a movie!
- ♦ Head to the beach!
- ♦ Take a trip to a theme park!
- ♦ Enjoy a stroll at the beautiful parks in the area!
- ♦ Cheer on your favorite sports team!
- ♦ Check out the free concerts in the area!
- ♦ Develop your own hobby!

UNITY Announces Newest Members of Earth Ambassadors Leadership Program

Published on Thursday, 25 June 2015

Mesa, AZ – The United National Indian Tribal Youth, Inc. (UNITY) has announced the first thirteen members of its re-established UNITY Earth Ambassadors Leadership Program. The environmental stewardship program was started in the 1990's, but due to funding challenges, was suspended until this year when the Shakopee Mdewakanton Sioux Community agreed to provide partial funding for its return.

The new class will attend training sessions and informational workshops to increase their knowledge of environmental issues affecting Native America, learn to serve as an ambassador to increase awareness of the issues affecting the environmental quality on Native lands, and promote the efforts to address environmental concerns within the nation's Native communities. Topics will focus on, but not limited to, recycling, conservation, regeneration, and restoration.

The 2015 class of the UNITY Earth Ambassadors Leadership Program includes:

- ★ Henry Birk Albert, 16, Koyukon Athabaskan – Lake Placid, NY
- ★ Kristine Baker, 16, Turtle Mountain Band of Chippewa Indians – Belcourt, ND

- ★ SuSun Fisher, 16, Confederated Tribes of Siletz Indians – Grand Ronde, OR
- ★ Mariah Gladstone, 21, Cherokee Nation of Oklahoma, Blackfeet – Helena, MT
- ★ Wyatte Goggles, 20, Eastern Shoshone – Fort Washakie, WY
- ★ Kenaba Hatathlie, 18, Navajo – Kirtland, NM
- ★ Jessica McCool, 17, Santa Ynez Band of Chumash Indians – Solvang, CA
- ★ Xavier Medina, 16, Pascua Yaqui – Tucson, AZ
- ★ Nadira Mitchell, 14, Navajo – Tucson, AZ
- ★ Ryan Stiffarm, 15, San Carlos Apache / Acoma / Gros Ventre – Chandler, AZ
- ★ Rory Wheeler, 17, Seneca Nation of Indians – Irving, NY
- ★ Tomas White Antelope, 24, Northern Arapaho / Lummi – Richmond, CA
- ★ Erica Woody, 19, Navajo, Kirtland, NM

The newly selected ambassadors were nominated by a member of their community, meeting criteria that included demonstrating leadership potential, showing an interest in protecting the environment, and experience and participation in community service projects. The remaining twelve members, making a

full class of twenty-five, will be announced at the upcoming National UNITY Conference taking place July 10-14, 2015 in Washington, D.C. The new class of ambassadors will receive their initial training at the national conference.

"We are so pleased that this valuable and important program has made its return to UNITY, providing our Native youth leaders an opportunity to further enhance their skill set in environmental stewardship," said Mary Kim Titla, Executive Director of UNITY. "The training they will receive over the next 9 months will include outdoor experiences, working with tribal elders in their respective communities and working with professionals in the field of environmental protection," added Titla.

In addition, the ambassadors will be provided special opportunities, coordinated through UNITY, to take their message to tribal and government agency representatives, and law-makers.

Visit the UNITY website at: <http://unityinc.org/>



**NACS
1975—2015:**

Forty Years
in a
Tradition of Caring



SAVE THE DATES!!

Come Celebrate with us as NACS gives Thanks for being able to serve the Native American Community and friends for forty years! Watch for additional details & announcements to follow:

Thursday, October 1, 2015, NACS' Open House in Niagara Falls
at 1522 Main Street, Niagara Falls NY 14304, 2 pm—7 pm.

Saturday, October 3, 2015. NACS' "REUNION SOCIAL"
at Zion Evangelical Church, 1010 Michigan Street, Niagara Falls NY 14305. Community Potluck Dinner @ 5:30 pm, Social Dancing from 6:45—9:30 pm. Open to all, especially anyone who has come through NACS' doors in the past 40 years! Come back & say "Hi!"

Thursday, November 5, 2015, NACS' Open House in Buffalo
at 1005 Grant Street, Buffalo NY 14207, inside NACS' offices. 11 am—7 pm.

Saturday, November 7, 2015
NACS' "REUNION SOCIAL & NATIVE AMERICAN MARKETPLACE"
at SUNY-Buffalo State Campus, Student Union Social Hall, 1300 Elmwood Avenue, Buffalo NY 14222. Native American Marketplace & "Reunion Social" from 5—9:30 pm. Open to all, especially anyone who has come through NACS' doors in the past 40 years! Come back & say Hi!

**Please watch for further info on NACS' Sixth Annual Gala
being held Wednesday, September 30, 2015 !**

For more information, please contact Pete Hill, NACS' Community & Cultural Services Director at (716) 874-2797, ext. 342 or email phill@nacswny.org. Nyah-weh! Thank you!

Celebrating NACS' 40th Anniversary!

You are invited! Please come join NACS as we celebrate our 40th anniversary of serving the Native American community in Erie and Niagara Counties. NACS will host two Open Houses (one in Niagara Falls, a second in Buffalo) so you can come visit and see what we're all about.

Also, NACS will host a "REUNION SOCIAL" in Niagara Falls and in Buffalo. We would like to invite former program participants in the Youth Programs, HOPE project, and/or any other programs and services NACS has conducted. We also want to invite former Board members, NACS staff, volunteers, and friends to come join us and celebrate our 40th anniversary during our "REUNION SOCIALS" on Saturday October 3 in Niagara Falls and/or Saturday November 7 in Buffalo.

If you have any old pictures, stories, art projects, or anything from NACS' history and would like to display that during our events, please contact Pete Hill, NACS' Community & Cultural Services Director at 716-874-2797, ext. 342 or email phill@nacswny.org.

And, please watch for a Special Edition of the NACS Newsletter with the announcement of our sixth annual Gala!

Many Nyah-weh's!

An Important Message from the Erie County Department of Health

August is right around the corner, and in the world of immunizations that means National Immunization Awareness Month (NIAM) will be observed.

We hear how diseases are only a plane ride away, and this year has certainly proven that with the outbreak of measles that have occurred since last year, originating from Disney World, CA but impacting approximately 21 different states. We hear about the easy spread of some potentially fatal diseases within certain high risk groups, such as the meningitis cases across several college campuses that have been occurring and have taken the lives of some students. We must take note of the ongoing battle against diseases

such as pertussis ("whooping cough"), whose number of cases still remains high across the U.S. and greatly impacts infants.

Unfortunately, we have an increasing proportion of skeptics and vaccine-hesitant people who are relying on "herd immunity" to protect others who can't be vaccinated due to medical conditions or age restrictions (i.e. infants), as well as themselves. But with declining vaccination rates, herd immunity is also compromised, and disease becomes more prevalent.

In today's ever developing and complex world, we might feel we are constantly battling to keep control over our health. It is important to re-

member that with immunizations, which have been rigorously studied and proven to be safe, that we have significant control over NOT allowing vaccine-preventable diseases to take a stronghold once again. Let immunizations be on your 'to-do' list.

Please visit the CDC's website for information on NIAM at <http://www.cdc.gov/vaccines/events/niam.html>, and for general materials relating to immunizations at <http://www.cdc.gov/vaccines/default.htm>.

Also, please remember that flu season will be here soon, and everyone who is 6 months and older should receive a flu vaccine as soon as possible.

CONGRATULATIONS

MALIK ROBINSON, SYDNEY JONES

and THE CLASS OF 2015



*Best wishes for you and your future! You are both amazing young people
and are going to be great adults.*

EMBRACE YOUR DREAMS, FOLLOW YOUR HEART AND CHERISH YOUR LIFE!

I am so proud of you,

JULIA

BUNDLED ARROWS YOUTH AWARD GIVING THANKS - HONORING THE WATERS

Native American Community Services is once again accepting nominations until Friday, August 28, 2015 for its fifth annual youth recognition award to be presented at this year's NACS Gala on September 30, 2015 at the 4 Points Sheraton Hotel in Niagara Falls, New York.

The award will honor a Native American youth between the ages of 13 to 20 years of age residing in Erie and Niagara Counties who actively works to make a difference in their family, school and/or local community while serving as a positive role model for other Native youth.

For further information on award criteria and nomination forms, please contact Norine Borkowski at 874-2797 extension 304 or e-mail nborkowski@nacswny.org.

First Lady Delivers Keynote at White House Tribal Youth Gathering

By Andrew Bahl, Indianz.Com Staff Writer

July 10 2015

Roughly one-thousand Native youth packed a hotel in downtown Washington, D.C., on Thursday for the first-ever White House Tribal Youth Gathering. The summit was held as part of Generation Indigenous, the Obama administration's initiative to create opportunities and empower Native youth. Participants in the historic event represented 230 tribes and hailed from nearly every state, with some traveling as far away as Alaska and Hawaii. "Youth are being heard like never before," observed Kelsey Janway, the president of the Choctaw Nation Youth Advisory Board. "People want to hear from us and they want to have us be a part of things. They want to see us thrive."

The highlight of the event came shortly before noon, as First Lady Michelle Obama arrived to deliver the keynote address. Her voice breaking at points, she discussed the emotional visit she and President Barack Obama made to the Standing Rock Sioux Tribe a little over a year ago. "During our visit, they told us heart wrenching stories about substance abuse and homelessness and suicide -- crises that would overwhelm most young people. But not these young men and women," Obama said. "In the face of those challenges, not one of them had given up. Not one of them had lost hope. That is what moved us."

The First Lady emphasized the importance of Native culture, noting that most of crops that feed the world today originated in the Americas. She also highlighted the beauty of Native culture, which she acknowledged past governments had attempted to "systematically target for destruction" through policies, law and regulations that "literally made your cultures illegal." "You represent so many rich cultures and such a proud heritage, one that has shaped this country for generations," Obama said. "Make no mistake: your customs, your values, and your discoveries are at the heart of the American story."

In her closing remarks, she stressed that the assembled youth had the power to tackle the sometimes seemingly insurmountable issues that Indian Country faces. "I want you all to remember one simple but powerful truth -- that every single one of your lives is precious and sacred, and each of you was put on this earth for a reason," Obama told the youth. "Everyone in this room has your back," she added. "Everyone who's speaking at this summit -- all those Cabinet Secretaries, all those powerful people who have come here for you -- they have your back." "And you definitely have a President and a First Lady who have your back," the First Lady said to loud applause.

The day started off with a welcome from Interior Secretary Sally Jewell. She's been on the job for a little over two years and has met with tribes and youth across the nation. "The most rewarding part of my job has come in my work that I have been blessed with in Indian Country," Jewell said. "And we have many opportunities to do a much better job than we have done in the past." After Jewell's speech, Cabinet officials, members of Congress and Native youth leaders addressed the group in a series of panel discussions. Topics on the agenda included health and wellness, public safety and youth opportunity.

In addition to Jewell, presenters included Health and Human Services Secretary Sylvia Mathews Burwell, Attorney General Loretta Lynch, Housing and Urban Development Secretary Julian Castro and Environmental Protection Agency Administrator Gina McCarthy. The youth also heard from inspirational Native figures like John Herrington, an astronaut from the Chickasaw Nation who was the first enrolled tribal member to fly in space. He noted that he was essentially kicked out of college before he found an interest in the science and engineering field.

"You're standing on the shoulders of your ancestors," Herrington told the crowd. "Everybody here has an opportunity. You have to listen to those who come along and it can change your life. It can happen."

Following the event, Nike N7 hosted a reception featuring Pueblo/Navajo golfer and philanthropist Notah Begay III; Jude Schimmel, a basketball star from the Umatilla Tribes and Lyle Thompson, a member of the Onondaga Nation, who recently won the highest honor in college lacrosse. Music was provided by A Tribe Called Red.

(Go to Indianz.com to view this article and the latest news from Indian country.)

MAKING THE TALK COUNT AT EVERY AGE

As with all things with kids, one size does not fit all. This is especially true when talking with them about alcohol, your concerns and expectations. What you say to a 9-year-old about alcohol is different from what you say to a 15-year-old.

A clear no-use message is the most effective way for parents to help keep their kids safe from the many dangers associated with underage alcohol use. REMEMBER Children also can't learn all they need to know from a single discussion- lots of little talks are more effective than one "big talk." Here are some tips to help!

Preschool

It may seem premature to talk about drugs but by preschool, most children have seen adults drinking alcohol, either in real life, on TV, or online. The attitudes they form at this age have an important impact on the decisions they will make when they are older. At this early age, they are eager to know and memorize rules, and they want your opinion on what's "bad" and what's "good."

Ages 5 to 8

Children this age have an increasing interest in the world outside the family and home. Now is the best time to begin to explain what alcohol is, that some people drink it even though it can be harmful, and the consequences of them drinking it.

If you and your child see someone who is drunk on TV or on the street, explain that getting drunk is never good and could be dangerous.

Ages 10 to 12

During the tween and preteen years, kids will assert their independence and question authority, but they need your input and advice more than ever. In fact, when it comes to discussing alcohol and drugs, this is one of the most important times in their life.

Tweens understand the reason for rules and appreciate having limits in place- be sure they know your rules about alcohol use and the consequences if they break these rules.

Talk out some real-life situations and brainstorm solutions for what they can say. For instance: "My mom (or dad) would kill me if I drank alcohol". Be sure your tween knows that they should not continue friendships with kids who have offered them alcohol or other drugs.

Base alcohol-related messages on facts – not fear. Tweens love to learn facts about all kinds of things. You can take advantage of their passion for learning to reinforce your message about alcohol and drugs.

REMEMBER this is a tough time for your tweens-puberty can erode your child's self-confidence and cause them to feel insecure, doubtful, and vulnerable to peer pressure. During these years, give your tween lots of positive reinforcement and praise them for their efforts and successes.

www.Talk2Prevent.NY.gov

Need help? Call 877-846-7369



**Talk 2
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Continued on Page 9

Ages 13 to 18

Your teen will most likely know other kids who use alcohol or drugs. Most teens are still willing to express their thoughts or concerns with parents about it. Use these conversations not only to understand your teen's thoughts and feelings, but also to talk about the dangers of alcohol such as violence, sex and driving under the influence of drugs or alcohol. Talk about the legal issues and the possibility that they or someone else might be killed or seriously injured.

Abstinence is important and underage drinking should not be considered a "rite of passage" or something "they're going to do anyway"

Teenagers tend to be idealistic and want to help make the world a better place. Tell your teens that underage drinking is not a victimless crime, and the effect it has on our society.

Make it clear that drinking is not permitted under any circumstances and let your teen know that you trust them not to drink alcohol.

Help your child build self-reliance by asking him how he plans to deal with situations such as being offered alcohol or being invited to ride in a car with a driver who has been drinking.

Wait for your teen to return from being out with friends so you can chat about what happened. Strive to convey love and concern not mistrust.

The first time you have evidence that your teen has been drinking, confront them. Don't minimize it.

Ages 18 and older

College-age students will encounter drinking on- and off campus. Find out about a college's record of drinking-related incidents and its alcohol policy before your child enrolls. Talk about your findings with your child.

Remind your child about the dangers of binge drinking and alcohol poisoning.

As always, stay connected with your child to learn how best to help him or her.

Get more information about your college aged conversations in our parent toolkit!

www.Talk2Prevent.NY.gov

Need help? Call 877-846-7369



**Talk 2
Prevent**

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

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