



NACS News

*A Tradition
of Caring*

March 2022
Volume 26, Issue 3

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

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March is National Nutrition Month

submitted by George T. Ghosen, Editor

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. Each year during March, Registered Dietitian Nutritionists (RDNs) celebrate National Nutrition Month® by promoting the importance of making informed food choices while developing both sound eating and physical activity habits. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. NNM® serves as an opportunity to remind the public and the media that RDNs are the most valuable and credible sources of timely and scientifically based food and nutrition information.

This year, the National Nutrition Month® theme is **“Celebrate a World of Flavors.”** This theme embraces global cultures, cuisines and inclusivity. Understanding the multiplicity of cultures and celebrating flavors from around the world helps us to recognize and appreciate our diversity. The theme encourages us to be curious, enjoy our differences, and expand our palettes. We are all unique with different bodies, goals, backgrounds and tastes. The Academy of Nutri-

tion and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietitian in order to develop and stick with a healthy eating plan.

How to Observe National Nutrition Month

1. Move your body

Nutrition doesn't end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Try a new activity like Zumba, swimming, or spinning to keep workouts fresh and exciting.

2. Find inspiration

Feeling stale in the kitchen? Pinterest provides an infinite loop of recipes and inspiration to kick-start any nutrition journey. Picking up a new cookbook or following a cool food blogger works too!

3. Meet with a dietitian

They'll provide you with a detailed meal plan that makes sense for your lifestyle and goals. Many, if not most, health insurance plans cover the cost of dietitian services and city health departments sometimes offer complimentary services or charge sliding-scale fees. Anyway, a health-

ier, happier outlook on life is priceless!

Five (Realistic) Ways To Eat Healthier This Month

1. Go, go, H2O!

We all know drinking water helps in nearly every aspect of wellness but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits that drinking six or more glasses of water a day would.

2. Choose food over supplements

Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

3. Opt for color

When in doubt, throw some color on your plate - natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-

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NATIVE AMERICAN COMMUNITY SERVICES

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Pete Hill

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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)

worthy, they'll give you a healthy boost.

4. Pack your lunch

Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch. Try something fun like a DIY Bento box!

5. Shop the perimeter

Shopping a supermarket's outside aisles ensures that you're getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.

Academy Recommends Reducing Added Sugars, Sodium and Saturated Fats in Meals

The Academy of Nutrition and Dietetics encourages everyone to "Celebrate a World of Flavors" in their meals while still eating nutritious foods and beverages during National Nutrition Month® 2022. "Mealtime is a wonderful time to connect with your friends and family and eat a healthful mix of vegetables, fruits, whole grains, healthy fats and lean proteins," said registered dietitian nutritionist Caroline Susie, a national spokesperson for the Academy of Nutrition and Dietetics based in Dallas.

"The 2020-2025 Dietary Guidelines for Americans recommends those 2 years and older limit added sugars and saturated fat in their foods and drinks. Healthy eating does not have to be an all-or-nothing approach. One meal does not make or break a person's health," Susie said. "It's what you do most of the time that matters. Find creative, healthful and nutritious ways to add flavor to your

meals while eating less sodium, saturated fat and added sugars."

Susie offers the following tips:

Reduce Added Sugars

The Dietary Guidelines for Americans recommend limiting added sugars to less than 10% of daily calories for those 2 years and older and to avoid serving foods and beverages with added sugars to children younger than 2.

- "Eat snacks with no added sugars. For example, flavor your low-fat plain yogurt with fresh fruit instead of purchasing flavored yogurt," Susie said.
- "Enjoy a cup of herbal tea without added sweeteners or fresh fruit as a post-dinner treat," she said.
- Drink fewer sugar-sweetened beverages by drinking water flavored with fruit.

Curb Sodium

The Dietary Guidelines for Americans recommend consuming fewer than 2,300 milligrams of sodium per day and less for children under 14.

- "Use the Nutrition Facts label to compare sodium content of foods and purchase products with less sodium," Susie said.
- Rinse canned foods or select those with no salt added.
- Buy fresh poultry, seafood, lean cuts of red meat and pork rather than processed meat and poultry.
- "Flavor foods with citrus, herbs and spices instead of salt," she said.

Decrease Saturated Fats

The Dietary Guidelines for Americans recommend limiting consumption of saturated fat starting at age 2 to less than 10% of calories per day and replacing it with healthier unsaturated fats.

- Use vegetable oils in place of solid fats when cooking.

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- "Eat foods that are natural sources of unsaturated fats including unsalted nuts, seeds and fatty fish such as salmon," Susie said.
- Select lean cuts of meat or skinless poultry.
- "Use oil-based dressing instead of creamy-based dressing on salads," she said.

About National Nutrition Month®

National Nutrition Month® started in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition.

The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 9.

As part of National Nutrition Month®, the Academy's website hosts resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for all. Follow National Nutrition Month® on the Academy's social media channels including Facebook and Twit-

ter using #NationalNutritionMonth.

To find an RDN near you, visit the Academy's "[Find a Nutrition Expert](#)."

(To find an RDN, you can also ask your healthcare provider for recommendations on an RDN that's right for you.)

Resources:

<https://www.eatright.org/food/resources/national-nutrition-month>

<https://www.nutrition.va.gov/National-Nutrition-Month.asp>

<https://nationaltoday.com/national-nutrition-month/>

Two Exciting Announcements for the NACS Youth Clubhouse and Gathering of Good Minds!

We are excited to announce that two popular programs, the **Native Youth Clubhouse** and the **Gathering of Good Minds**, will soon be coming back! After a short break in funding and dealing with all the dynamics and consequences from the pandemic, NACS is very grateful for the support that will help ensure that the Clubhouse and Gathering of Good Minds can be re-energized.

Please watch for announcements and Instagram posts coming soon for the return of the **Youth Clubhouse**. We plan to offer a wide variety of virtual and in-person programs, sessions, community events, and more, starting by April 2022. **We also have multiple EMPLOYMENT OPPORTUNITIES for the Youth Clubhouse in both Niagara Falls and Buffalo.** Please see the Job Postings for two Site Manager and four Youth Worker positions.

And as part of the Youth Clubhouse, we are happy to announce that **long-time NACS employee, Pete Hill, will return to youth programs** where he first started his employment with NACS back in 1992, now **as the Youth Services Coordinator**. We are also happy to announce that previous Youth Services Coordinator, **Shannon Hill, has been promoted to an administrative position** to bring her talents, skills, and energies to help NACS be sustained and continue to grow and serve the community. Also, **Karly Stafford will also continue in her role as the Youth Advocate in the Clubhouse.**

The **Gathering of Good Minds (GGM)** will also provide a series of virtual events, including monthly Talking Circles, opportunities to learn about positive supports, resources, and cultural teachings, community development and organization trainings & supports, and more. **We are also excited to announce that Lisa Latocha will continue at the GGM Event Planner** in the Special Initiatives program. We are looking for the Gathering to return to provide crucial supports for the community, as NACS is committed to striving to sustain efforts to promote healing, wellness, and strong cultural pride for the community. Since 2015, the Gathering of Good Minds has been a very positive effort and we are excited to announce its return.

We are very grateful for the interest and support for the Youth Clubhouse and Gathering of Good Minds, and excited to bring these programs back. Please watch for upcoming announcements coming very soon!

Nyah-weh! - Pete Hill, Special Initiatives Coordinator



Here Are A Few More Suggestions For National Nutrition Month:

March is National Nutrition Month!

Here are a few tips to help you get and stay healthy in 2022!

submitted by Star Wheeler, Health & Wellness Coordinator

1. **Eat Breakfast.** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
2. **Make Half Your Plate Fruits and Vegetables.** Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
3. **Watch Portion Sizes.** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
4. **Be Active.** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.
5. **Get to Know Food Labels.** Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.
6. **Fix Healthy Snacks.** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.
7. **Drink More Water.** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
8. **Get Cooking.** Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
9. **Reduce Added Sugars.** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.
10. **Slow Down at Mealtime.** Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

For more information:

www.eatright.org



The BELL Project: March Announcements

Every year, March is appointed as Women’s History month. The aim is to honor and celebrate women’s achievements throughout history.

Reading aloud just 10 minutes a day is one of the best ways to provide learning tools for life. Here are some **Book Recommendations for you & your child(ren):**

- *I am Rosa Parks*- Brad Meltzer (Ages 2-5)
- *A is for Awesome: 23 Iconic Women who Changed the World*- Eva Chen (Ages 1-4)
- *Dream Big, Little One*- Vashti Harrison (ages Birth-3)
- *Think Big, Little One*-Vashti Harrison (ages Birth-3)
- *Follow Your Dreams, Little One*-Vashti Harrison (ages Birth-3)

Here’s some daily fun activities you can incorporate into your day

Daily Fun with Your Little One!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Rhymes It's Dadgum That's Good Day. Ask your child to come up with words that rhyme with "dad" and "gum."	2 Writing It's Old Stuff Day. Help your child draw examples of new things she wants to do this month.	3 Songs It's National Anthem Day. Sing "The Star-Spangled Banner" with your child.	4 Science It's Celery Month. Make "ants on a log" with your child and ask him to explain why eating vegetables is important.	5 Play Have a safe pillow fight with your child.
6 Reading It's Dentist's Day. Read <i>Just Going to the Dentist</i> by Mercer Mayer, and ask your child why it's good to brush her teeth.	7 Math It's Cheerleading Week. Create a cheer with your child while he counts to ten.	8 Science It's International Women's Day. Read <i>Hidden Figures: The True Story of Four Black Women and the Space Race</i> .	9 Rhymes Ask your child to think of words that rhyme with "green."	10 Stories Ask your child what he would do if he could fly for a day.	11 Songs It's Johnny Appleseed Day. Ask your child to create her own legend and sing a song about it.	12 Math It's Noodle Month. Make different shapes with your child using dry spaghetti.
13 Writing It's Good Samaritan Day. Ask your child to create encouraging notes to hand out to friends and family.	14 Play It's Children's Craft Day. Go to a craft store with your child and come up with something creative to make together.	15 Sounds Go to a coffee shop with your child and ask him what sounds he hears and what he thinks they are.	16 Math The next time there's a storm, ask your child to count how many seconds there are between the lightning and the thunder.	17 Songs It's St. Patrick's Day. Listen to Irish music with your child and do a little jig together.	18 Science It's Brain Awareness Week. Look at optical illusions with your child and ask her how they make her feel.	19 Stories It's Let's Laugh Day. Take turns telling silly stories with your child and trying to get each other to laugh.
20 Reading Go outside and read a book about nature. Ask your child what his favorite part of the book is and why.	21 Sounds It's Umbrella Month. Go outside on a rainy day with an umbrella and listen. Ask your child what else sounds like rain.	22 Rhymes Ask your child to come up with words that rhyme with "spring."	23 Play Take turns creating shadow puppet characters using flashlights.	24 Math It's Chocolate Covered Raisin Day. Put out a few chocolate covered raisins and ask your child to count them out before eating them together.	25 Reading It's Tolkien Reading Day. Read <i>Goodnight Hobbiton</i> by Steven Giesbrecht, and find out what your child wants to dream about that night.	26 Stories Ask your child to tell a story about a bear waking up from her long winter's nap.
27 Writing It's Scribble Day. Ask your child to scribble a variety of beautiful drawings to be hung up on the fridge.	28 Sounds Listen to the birds of spring and ask your child to create her own bird call.	29 Science Throw a small rock and a big rock into a puddle and ask your child to describe the difference.	30 Play It's Take a Walk in the Park Day. As you walk, pretend you and your child are on a long journey through a mystical land.	31 Writing It's Crayon Day. Ask your child to write his name using different colors of crayon.	<p>Help your child get ready to learn to read!</p> <p>Each day features a fun activity that will help your child build pre-reading skills. Activities are color-coded by skill. Ask your children's librarian for more ideas on how to promote early literacy skills with daily activities at home.</p> 	



March 2022



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["Early Literacy Activities — February 2022: Activities, Books, and More! \(demco.com\)"](https://www.demco.com)





Native American Community Services

Equal Opportunity Employer

Position Announcement

Posting Date: December 2021
Position: Digital Learning Specialist (1 position available)
Type: Hourly/ Non-exempt/ Full-time
Salary: \$18.03 per hour

SEEDLINGS (Supporting Education and Empowerment by Developing Language Initiatives Needed for Growth and Sustainability)

Summary: The SEEDLINGS program is a multi-year grant funded program that offers a high-quality language acquisition afterschool program for children (grades K-8). Blending tradition with intergenerational exchanges, children and their families will improve competencies and knowledge of Haudenosaunee languages. Culturally relevant teaching, mixed with laughter and play, will support student, family, and community growth. It is the program's mission to ensure a vibrant and healthy Native community.

Duties/Tasks

- Develop technological tools to support language acquisition
- Document all aspects of language project
- Assist the Language Coach in collecting and maintaining data related to student contact hours and language fluency proficiency
- Complete reporting requirements timely
- Work collaboratively with staff to expand language instruction beyond the classroom environment

Qualifications

- Bachelor's degree in a business or computer field/discipline
- Digital marketing/gaming experience
- Experience working with children in an educational setting/Classroom management
- Knowledge/Familiarity of current computer technology trends
- Knowledge of local Native American cultures
- Preferred CPR/First Aid certification (training will be provided)

If interested in this position, submit cover letter and resume to humanresources@nacswny.org

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



Native American Community Services

Equal Opportunity Employer

Position Announcement

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

SEEDLINGS (Supporting Education and Empowerment by Developing Language Initiatives Needed for Growth and Sustainability)

Summary: The SEEDLINGS program is a multi-year grant funded program that offers a high-quality language acquisition afterschool program for children (grades K-8). Blending tradition with intergenerational exchanges, children and their families will improve competencies and knowledge of Haudenosaunee languages. Culturally relevant teaching, mixed with laughter and play, will support student, family, and community growth. It is the program's mission to ensure a vibrant and healthy Native community.

Duties/Tasks

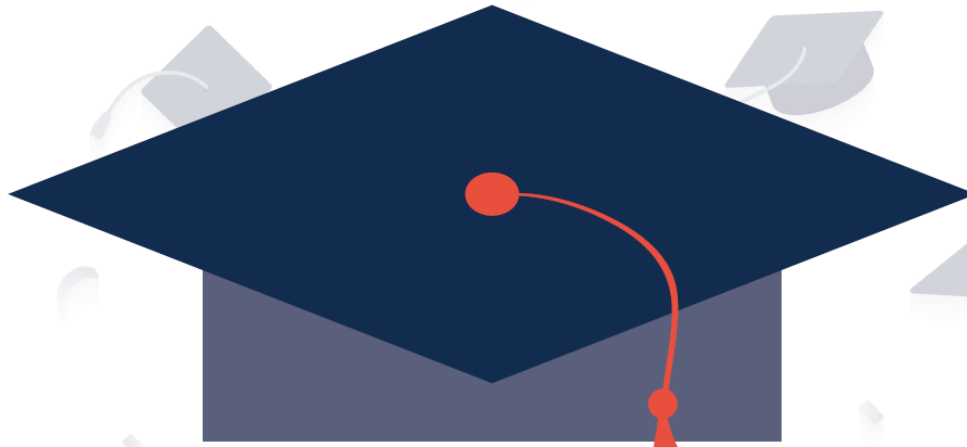
- Read/Speak/Write Haudenosaunee languages
- Promote intergenerational exchanges between students and elders
- Exhibit the principles of the Good Mind
- Utilize culturally relevant teaching methods and promote a culturally rich environment
- Monitor student growth and progress
- Provide out of class dialogue opportunities for students, families, and community
- Collect and maintain data related to student contact hours and language fluency proficiency
- Work collaboratively with staff to expand language instruction beyond the classroom environment
- Organize the structure of Haudenosaunee language classes that accommodate for individual student learning styles
- Complete reporting requirements on time.

Qualifications

- High-school graduate or equivalent
- Minimum basic speaking/writing/reading level, or any combination thereof, of any Haudenosaunee language with the capacity and desire to increase knowledge and skill to a higher level of acquisition
- Knowledge of the local Native American cultures
- Experience working with children in an educational setting/Classroom management
- Preferred CPR/First Aid certification (training will be provided)

If interested in this position, submit cover letter and resume to humanresources@nacswny.org

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



Apply Today

TO BE CONSIDERED FOR UP TO

\$6,000 *for college*

Requirements:

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

Deadline:

MAY 1, 2022

visit cfgbscholarships.org



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Community Foundation
for Greater Buffalo

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

WORKFORCE DEVELOPMENT SERVICES



Services we provide:

- ⇒ Case management/career counseling
- ⇒ Job search and placement assistance
- ⇒ Assistance in identifying employment barriers
- ⇒ Occupational skills training/skills upgrade
- ⇒ Interview preparation
- ⇒ Resume writing assistance
- ⇒ Educational resources and information
- ⇒ Resources for entrepreneurs
- ⇒ Referrals and Linkages to other services
- ⇒ Status card/Tribal documentation assistance

Funding Available to Eligible Native Americans for:

- * Work Experience Positions
- * On-the-job Training
- * Tuition/Books/Educational Support
- * Work Clothes/Tools
- * Training/Certification Programs
- * Other Supportive Services

For more information and/or
to make an appointment, contact:
Native American Community Services

Tianna Porter
716-574-9731

Katina Simmons
585-514-3984

We have offices in
Buffalo, Niagara Falls, Lockport and
Rochester

A Tradition of Caring

Counties we serve:

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

Funded by the US Department of Labor

Workforce Development Services

Submitted by Colleen Casali – Economic Empowerment Services Coordinator

Native American Community Services has a workforce development program that offers employment and education services to the Native American community in 17 Counties in New York State. The following is a list of services that are available to eligible participants which includes limited financial assistance.

Services provided to eligible participants:

- Case Management related to workforce activities
- Assistance in identifying barriers to employment
- Career counseling/exploration
- Job search and placement assistance
- 6-week Work Experience program
- Interviewing preparation
- Occupational skills training/Skills upgrade
- On-the-job training
- Test Assessing Secondary Completion (TASC) classes— Formally GED
- Educational resources and information
- Tuition/Book Assistance
- Entrepreneurial/small business technical assistance training information
- Follow-up services
- Referral and linkage services
- Status Card/Tribal documentation assistance

The following are requirements needed to qualify as an eligible participant:

- ❖ 18 years of age or older
- ❖ Reside off the reservation
- ❖ Reside in one of the 17 counties we serve
- ❖ Native American, Alaska Native or Native Hawaiian
- ❖ Tribal documentation of enrollment in a federal or state recognized tribe
- ❖ Unemployed or under-employed
- ❖ Laid-off, furloughed or dislocated workers
- ❖ Veteran or Spouse of a Veteran
- ❖ Meet all WIOA eligibility guidelines

If you live in one for these counties:

Erie, Niagara, Orleans, Genesee, Wyoming, Livingston, Monroe, Wayne, Ontario, Yates, Seneca, Cayuga, Oswego, Onondaga, Cortland, Oneida, Madison - You may qualify for services.

To make an appointment for an initial assessment call Tianna Porter at (716) 574-9731 or Katina Simmons at (585) 514-3984. Office hours **Monday – Friday, 8:30 am – 5:00 pm.**

If you prefer email you can reach Tianna at tporter@nacswny.org or Katina at ksimmons@nacswny.org.

Native American Community Services

FOOD PANTRY

1005 Grant St
Buffalo NY, 14207

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



We are committed to providing nutritious food for our community, especially in times of crisis.

If you or your family are eligible based on the following criteria, please visit us during our food pantry hours.

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

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

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

Health Insurance Recruiter Program

WHAT IS IT?

Goal:

1. Increase insurance coverage for those with HIV and **do not** have insurance;
2. Increase insurance coverage for those with HIV who are **under-insured** (on ADAP).

Eligible for program:

1. People with HIV **without** insurance.
2. People with HIV **who are underinsured** (on ADAP)

Ineligible for program:

- People who currently have any form of insurance (including Medicaid)
- People who are not living with HIV.

WHAT WE ARE LOOKING FOR...

We are looking for people interested in being a Health Insurance Recruiter for the program.

Recruiters will find people (associates) in their network who fit the criteria, and connect them with a Health Insurance Navigator at a local healthcare organizations.

INCENTIVES

1. Recruiters receive an incentive for calling to learn more about the program (even if they don't sign up to become a recruiter)
2. Recruiters receive further incentive for every associate that they find and connect with a Health Insurance Navigator.
3. Associates also receive an incentive for connecting with the Health Insurance Navigator.

CONTACT INFORMATION

Call if you're interested: Kris Bonifacio

Phone: (808) 554-5619

Email: Kristen_Bonifacio@URMC.Rochester.edu



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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Please add me to your mailing list!

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