

Weaving inclusion into the fabric of an agency ... ONE BOOK AT A TIME

'What divides us pales in comparison to what unites us,' Edward Kennedy

GUEST EDITORIAL BY ANDREA GRAY

President/CEO
United Way of Greater Niagara

The pursuit of inclusion is often driven by the recognition and acceptance of diversity in our communities and by purposefully creating an environment that values and integrates diverse perspectives.

For United Way of Greater Niagara, our journey toward a more inclusive community has taken another step forward through the recent distribution of library boxes and books throughout the county.

Back in January, United Way was proud to announce its acceptance into Little Free Library's Read in Color Spring Cohort, making the agency the first facilitator of this program in New York state outside of New York City. This international program provides books that reflect

diverse characters, cultures, and stories into the hands of our future leaders and change agents.

Today, we are pleased to share that Read in Color libraries can be found at the following locations:

- ✓ Aquarium of Niagara
- ✓ Barker Central School District
- ✓ Community Missions Inc.
- ✓ Henry J. Kalfas Elementary School
- ✓ Niagara Arts and Culture Center
- ✓ Niagara Falls Underground Railroad Heritage Center
- ✓ Niagara Wheatfield Middle School
- ✓ Packard Court Community Center
- ✓ United Way of Greater Niagara

This is much more than a book-sharing program; it's about amplifying marginalized voices, sharing diverse perspectives,

and fostering a love of reading by providing children with opportunities to see themselves in the stories they read. This initiative would not have been possible if it were not for one of our region's greatest strengths: a willingness to collaborate.

Without collaboration, and the generosity of our donors, United Way would not be able to support this integral, community-based program and those like it. Thank you to all who continue to play a role and contribute to our success – and to those who want to learn more, we invite you to visit our website (www.uwgn.org), follow us on social media, volunteer, or attend an event.

Our mission to invest in youth, to acknowledge potential for change, and to actively work toward providing necessary resources remains strong ... join us as we move forward, a community united.



Read in Color library at the United Way of Greater Niagara office.

IN THE NEWS



Lions honor Gordon

Recently, the Lewiston Community Lions Club recognized Mark Gordon, O.D., with the prestigious Robert J. Uplinger Award – “For his exceptional dedication in furthering the Lions’ mission of vision within our community through volunteering at the pop-up eye clinics,” clinic organizer Lion Rob Nichols said.

“Since joining the Kenmore Better Vision Lions Club, Mark Gordon has attended nine clinics, including three in Niagara Falls,” clinic founder Lion Joe Shiah said. Furthermore, “His efforts have significantly impacted the Niagara Falls community, where over 300 individuals have received new prescription glasses – an estimated value of \$80,000.”

Pictured above, from left, Nichols, Gordon and Shiah.

Empower Teacher earns state award

Empower Press Release

Empower Children’s Academy special education teacher Shailla Kokil was recognized by the New York State Office for the Aging for her commitment to her com-

munity with the Exemplary Volunteer Service Award on Older New Yorkers’ Day 2024.

“It is truly an honor to be recognized by New York state, and I am humbled to receive this award,” Kokil said. “I have spent my career and my adult life not only working to help my students reach their full potential, but also to create a better, stronger, and more vibrant community. It is a rewarding experience to be able to do my job and serve my community, and I cannot wait to see all the future has in store!”

Empower CEO Diane Baehre said, “We could not be more proud and excited for Shailla receiving this award – there is no one more deserving and dedicated to her students and her community. Here at Empower, we pride ourselves on building a strong workforce in our houses, vocational department, and our school; and Shailla is an exceptional example of what it means to live our values every single day. I congratulate her on this award and am so proud to have her on our team.”

Shailla has been an employee of Empower for 20 years. In addition to working as a special education



teacher in Empower’s Children’s Academy, Shailla is also the president of the Indian Senior Citizens Club of Western New York and served on the executive committee of the Hindu Cultural Center Society of Western New York

from 2018-22. There, she planned educational and cultural programs, including art classes and sports tournaments. Shailla was also recognized as a Buffalo 60 Strong Ambassador.

Empower was founded in 1954 and has served Western New York, specifically Niagara County, proudly for over 65 years, ensuring that

individuals living with intellectual and developmental disabilities, and their loved ones, have access to the highest-quality support and services. Visit www.empower-wny.org.

ATTENTION
Village of Lewiston Residents
Scan the QR code below or visit
wnypapers.com for your
2024 Newsletter

Lutheran Church of the Messiah
Pastor Timothy Anas
915 Oneida Street, Lewiston • 716-754-4944
www.messiahlewiston.org

Worship with us at 8:15am and 10:00am Live Streaming
Coffee and Sunday School Hour at 9:00am

Chiavetta’s Chicken BBQ
Saturday, June 15th • 11-2

One Bedroom Handicap Adaptable
Youngstown Village Square Apartments
90 Lake St., Youngstown, NY 14174 • (716) 745-7302

Rent is 30% of adjusted income
PROFESSIONALLY MANAGED:

We maintain landscaping, trash removal, common area cleaning and snowplowing
Accessible Units • Off Street Parking • Laundry on Premises
Appliances & Carpeting • Professionally Managed

Q & D Management • 800-848-8569
800-622-1220-TTY • NYS Relay Line 711
www.qanddmanagement.com

Real Help For Your Health

Presented by
Dr. Glenda R. Rose
Chiropractor

Headaches Stopping your Life?

“Tension” headaches are a common complaint in office work. Work postures which cause prolonged tension on the neck muscles can tug and pull on the small neck bones in a way that create fixation (loss of mobility) or misalignment. As most of the nerves that wrap around the head come from the base of the skull and upper neck, this can cause pressure and irritation of the blood vessels and nerves of the head, resulting in pain.

If you hold your head forward with your chin toward your chest, your neck and upper back muscles are working hard to keep your head from falling too far forward; this straightens or reverses the curve in the neck. Turning your head to one side excessively or holding a telephone between your neck and shoulder can contribute to muscle fatigue, spinal misalignment and headaches.

Proper posture, chair support, work station fit and arrangement of equipment with regular chiropractic adjustments can reduce the effects which may be causing or contributing to your headaches, neck or back pain.

Headaches may also be due to electromagnetic field (EMF) exposure from computers, cell phones or other electronic equipment emitting a form of radiation which is created by the movement of electrons through metal wires. Other symptoms commonly reported from EMF poisoning include: sleep disorders, vision problems, sensitive skin, dizziness, chest pain, and nausea.

Rose Chiropractic, P.C. is a natural health care practice offering for safe solutions for health improvement through nutrition and chiropractic, located at 435 Ridge St., Lewiston. New patients are welcome. Call (716)754-9039