



FREE

Prevent Holiday Burn-Out

Solidify a plan for those working hard throughout the holiday season

New Year Financial Plan

Solidify budget and money goals for business and personal preferences

Small Business Saturday

Study the latest trend that supports local businesses

Healthy Thanksgiving Plate

Recommendations from Dr. Sadiq to enjoy a diabetic-friendly dinner



November 2025





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Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore aspects of mental, financial and spiritual health. Our goal is to bring you information that you can use to live a happy, healthy and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding nature of technology, knowledge and evolution of the healthcare field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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How to Prevent Burn-Out During the Holidays

By: Victoria H

It's that magical time of year where the holidays are upon us! There is so much hustle and bustle as you begin to juggle family gatherings, shopping lists, decorating, and managing your little ones' excitement. It is easy to put pressure on ourselves to make the holidays as perfect as possible and that can become overwhelming very quickly. This season, try to give yourself permission to slow down and simplify this process so you can get the most out of your celebrations.

The quickest way to protect your peace is to be upfront about what you can realistically handle. It is okay to set boundaries with how much you are willing to contribute. Not being able to host or dialing back elaborate meals can help keep your stress levels low. Setting realistic expectations is a healthy way to prevent yourself from feeling stretched too thin. Everyone should have an equal opportunity to enjoy the holidays, not collapse under the pressure of them.

It's easy to get caught up in the moment and spend a lot of money. Everything from travel, matching pajamas, and the perfect gifts can really add up. It is important to make a budget and stick to it! Remind yourself that you don't need a lot of things to make special memories. Cozy movie nights, homemade treats, or walking about the neighborhood to see all the decorations can be just as meaningful. The holidays are



more about presence than presents.

While presents are a fun part of the festivities, you shouldn't have to manage the entire gift-list yourself! You may want to consider starting a Secret Santa or create a White Elephant gift exchange to keep things fun and affordable for your family and friends. If loved ones are scattered, you can share online wishlists to make the giving simpler and to help avoid duplicate items. This will help everyone focus less on quantity and more on quality of the gifts given.

Most importantly, it is ok to ask for help. You really don't have to do it all! Maybe your partner can make a grocery run, grandparents could take over baking holiday sweets, or trade babysitting time with a friend to wrap presents. Small acts of delegation can make a big difference in preparation.

Take it one day at a time! Make sure to protect your peace and focus on what matters the most. Nothing can ever be perfect and sometimes it is the imperfections that make the best memories. After all, the holidays are about spending time together with joy and love not anxiety and stress. The kids will never be this small again so take a deep breath, let go of unrealistic expectations, and allow yourself to enjoy every moment. You deserve it!



Financial Planning for the New Year

By: Usman Mehmood

Every year, it is like a new beginning; a clean sheet to review and start all over again. Whereas we all have goals that we make to eat healthier, travel more, or pick up a new hobby, we all have one goal, which steers all the other goals, and that is to become financially stable. This is the best moment to manage your finances at the beginning of the year and establish budgeting strategies that will recognize your dreams, obligations, and lifestyle.

Financial planning does not mean being limited, and it does not mean limiting yourself; rather, it is about putting your money to a purpose. You can think of it as a kind of roadmap, as it will guide you through the stage you are currently at to the stage you want or like to be, which may be buying a house, opening your business, or just the peace of mind that an emergency fund achieves.

The first step is reflection. Before establishing new goals, please review your financial activities in the course of the past year. What happened to the majority of your money? Was it an actual figure of what was spent, and was it an actual purchase on impulse? This type of open judging establishes the basis of wiser judgments in the future. Small and invisible costs, such as regular takeout or abandoned subscriptions, can become very important to many individuals. By knowing them, you can save that money or invest it.

Next comes goal setting. The trick here is to set specific, measurable, and realistic goals. Instead of saying it, I will save more this year; I will excuse myself and say I will save 15 percent of my monthly salary. Instead, I would clear one credit card by June. Straightforward goals are minute and easier to monitor. It is also prudent to subdivide your objectives into short-term (three to six months), mid-term (one to three years), and long-term (five years and above). Planning in this way makes it simple to be able to satisfy



the current needs and, at the same time, to plan for what the future has in store.

Essentially, the budgeting is a matter of balance. It is not deciding to abstain from pleasure; it is only preparations towards pleasure. The initial rule of thumb is the 50 /30 /20 principle: 50 percent needs (rent and bills), 30 percent wants (dining or entertainment), and 20 percent savings or paying the debt. These percentages are always something you can change according to your own priorities, yet with the help of this framework, you can see how your money is trickling.

Financial planning can also be easier with the help of technology. The number of budgeting apps and AI-based tools that automatically track expenditure, analyze spending trends, and issue reminders on bills or saving milestones is numerous. The tools make complicated financial management simple and even encouraging.

Likely, the least thought of aspect of financial planning is flexibility. Life is unpredictable; something can change overnight, altering your financial reality due to unexpected expenses, a job change, or even global events. You need not consider your budget as a dead book; you need to consider it as a living document that should evolve with you—budget after each month and update where necessary. Also, celebrate small wins.



Financial planning for the new year does not concern numbers, but the contentment of being. You become in control, you feel confident, and you have a clear vision when you know where your money goes. That is why, as you enter into this new year, you present your finances with seriousness. You need to set your objectives, develop your strategy, and see the way financial discipline may become financial freedom.

Native American Heritage Month

By: Sara Loft

On August 3rd of 1990, President of the United States George H.W. Bush declared the month of November as Native American Heritage Month. I cherish this month because I am proudly part Native American. This commemoration called upon all levels of government in the United States to honor and recognize the Native Americans that reside here in this great nation, from the Pacific Ocean to the Atlantic Ocean. It was designed for the Nation to recognize and respect the various traditions, cultures, music, crafts, dance, and several outlooks on life amongst the many tribes standing here today.

In 1976, renowned physicist J.C. Elliot High-Eagle (Osage/Cherokee) wrote the Congressional legislation for all Natives including Alaska Natives to have an entire week of awareness. With the help of the signature from President Gerald Ford, it passed to become the first week of recognition of Native peoples in the history of this great Nation.



In fact, one of the earliest Native tribal nations predating from the French and Indian War still lies within the western part of New York State. We recognize the Haudenosaunee (or better known as the Iroquois) people, or People of the Longhouse. Early founding Haudenosaunee figures formed The Great Law of Peace for the Haudenosaunee Confederacy. It was an inspiration for the framers of the Constitution of the United States as recognized by a resolution of the U.S. Senate in 1987.

Today, there are over 500 federally recognized reservations. Not every Native American lives on reserved land, though. If you want to discover more of the Haudenosaunee, I encourage you to visit the Seneca Iroquois National Museum and the Old Fort Niagara. From the Iroquois Confederacy, the Seneca are the largest people within the areas of Western New York. If you want to support the Haudenosaunee artists, there is a retail store at the Fashion Outlets of Niagara called Indigenous Attractions.



Epilepsy Awareness and Statistics

By: Ayesha Khan

As we welcome November, we also recognize Epilepsy Awareness Month. According to the World Health Organization, about 50 million people worldwide live with epilepsy making it known as one of the most common neurological diseases in the world. Epilepsy is a chronic neurological disorder that is characterized by the presence of recurrent, unprovoked seizures which can result from sudden bursts of abnormal electrical activity in the brain.

Epilepsy can result from a variety of causes, which correspond to a range of clinical presentations. Some cases are genetic with inherited mutations or spontaneous altering the brain's excitability. Others occur due to structural abnormalities in the brain, such as those caused by traumatic brain injury, stroke, brain tumors, etc. Infections such as meningitis or encephalitis and autoimmune conditions, along with other developmental or metabolic conditions, can also lead to seizures. Even though there are recognized causes, epilepsy is categorized as idiopathic in about half of cases when no explanation can be found.

Now let's go over some signs and related symptoms of epileptic seizures. The hallmark symptom of epilepsy is recurring seizures however the manifestation of symptoms can vary depending on the type of seizure one has. Symptoms may include sudden loss of awareness or consciousness, uncontrolled muscle jerks, or collapse due to loss of muscle tone. While others can be more subtle, such as blank staring,



temporary confusion, slowed thinking, or slowed speech and thinking.

Sensory abnormalities such as strange flavors, scents, or tingling can also be brought on by seizures. In addition, some people may have psychic symptoms like sudden increased anxiety, déjà vu, or nausea, while some have autonomic symptoms such as chills, a racing heartbeat, or an upset stomach. Since the majority of people frequently experience the same kind of seizure, their symptoms frequently exhibit a recognizable pattern. Neurologists can better categorize seizures and customize treatment plans thanks to this constancy.

For those living with epilepsy, they have other difficulties beyond just seizures. In addition to driving restrictions and career obstacles, people with epilepsy may also be at higher risk of accidents or sudden unexpected death (SUDEP). Misinformation and stigma can also have a detrimental effect on mental health, causing social isolation, anxiety, and sadness. In addition to improving health outcomes of those affected, increasing epilepsy awareness also helps to promote acceptance and knowledge within communities and lessen discrimination.

Despite its complexity, epilepsy can be a manageable condition. We can lessen stigma and assist individuals impacted by being aware of its causes, symptoms, and effects. This November, Epilepsy Awareness Month reminds us to stand in solidarity to support the epilepsy community and to keep pushing for more research, better treatment, and better quality of life.



Small Business Saturday

Shop Your Local Neighborhood Stores



Shop Small, Make a Big Difference!

By: “Amelia the Neek” Wysocki

Every year, the day after Thanksgiving, we see crowds rush into massive retail chains for Black Friday deals. The excitement is undeniable, but too often, the focus on corporate discounts overshadows something far more meaningful. What if, instead of pouring our energy into big-box sales, we chose to celebrate the heart of our communities? That’s exactly what Small Business Saturday is all about.

Small Business Saturday, which takes place the day after Black Friday, is more than just an event. It’s a movement that celebrates local entrepreneurs, family-run shops, and independent creators who pour their passion into every product and service they offer. When you shop small, you’re not just buying a gift or a meal; you’re supporting your neighbors, your community, and the shared dream of a thriving local economy.

Unlike corporate sales designed to drive volume, small businesses focus on value, quality, and personal connection. Every purchase from a local store helps sustain real people, not faceless shareholders. Your dollars stay close to home, circulating through your community several times over. They help pay local employees, fund local schools, and keep neighborhoods vibrant. Studies consistently show that

small businesses reinvest more of every dollar back into their communities than large chains ever will.

When you walk into a local shop, you’re not just a number on a spreadsheet. You’re a neighbor being welcomed by someone who cares about what you’re looking for and how they can help. Whether it’s a handmade candle from a local artisan, a cozy sweater from a downtown boutique, or a meal at your favorite mom-and-pop restaurant, every purchase becomes part of a story that connects you to your town in a meaningful way.

Shopping small also encourages sustainable habits. Local businesses are more likely to source their products responsibly, use eco-friendly packaging, and value quality over quantity. Many offer handcrafted or locally made items that last longer and carry far less environmental impact than mass-produced goods. Choosing small means choosing sustainability, creativity, and craftsmanship.

Small Business Saturday is also about people. It’s about the barista who knows your order by heart, the bookstore owner who recommends your next favorite read, and the craft vendor who thanks you by name.

It's about keeping human connection at the center of commerce. Local shop owners often set their own schedules, treat employees fairly, and create welcoming spaces that reflect the character of the community. Supporting them means supporting fairness, balance, and individuality in a world that often feels too uniform.

Participating is simple. Skip the chaos of big-box crowds and make your way downtown, to your local market, or to your favorite independent online shops. Invite friends or family to join you. Make it a tradition. Visit new places you've never been before. Share your favorite finds on social media to help others discover local treasures. You'll likely find that shopping small isn't just more ethical but also more enjoyable.



Every dollar spent locally is a vote for the kind of world you want to live in. A world built on creativity instead of conformity, where community matters more than corporate profit. When you choose Small Business Saturday, you're choosing to keep your money where your heart is.

This holiday season, take pride in knowing that your purchases can create ripples of good. Support local businesses, invest in your community, and make your gifts matter. Together, we can build a stronger, kinder, and more sustainable future, one small purchase at a time.

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Thanksgiving in Business

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine
President & CEO, Manage Your Business LLC



Businesses have spirits of their own, shaped by the people who lead and run them. Their persona, their ways of dealing with people, and team aspirations are reflected in day-to-day business operations.

Being grateful in business is not only a practice, but also a guarantee that business will grow and flourish.

Gratefulness is truly tested when you must work with people who are unhappy with their work and atmosphere. At that time, the positivity of the leaders will play a crucial role in maintaining the venture. The greatness of a leader is not measured when business is booming, but when things aren't going well—when individuals associated with the business get demoralized or face adverse conditions.

In these moments, leadership must reemphasize goals, appreciate those who have constantly worked hard, and point out mistakes without discouraging people. Empower them, encourage them, educate them, and find training that can make them more effective. Staying in a positive, grateful mindset throughout the year is challenging. But occasions such as Thanksgiving, end-of-year celebrations, and birthdays help us rejuvenate our energies and keep that good spirit alive within our businesses.

The tradition of Thanksgiving emerged when Native Americans hosted immigrants, and together they decided to work toward a common destiny. Similarly, you must embrace all who are working toward the same goal. All businesses, especially small businesses, form the foundation of prosperity. It is sufficed to say: being grateful is being prosperous. When we lead with thankfulness, we create resilient teams and sustainable success. Gratitude doesn't just feel good—it builds resilient teams and lasting success.



Media Corner: Review of Task

By: Alex Tilton

At this point it needs to be said that although the letters HBO don't guarantee that you personally will enjoy a series, it *does* guarantee that the series isn't going to suck. Each week when the newest episode of *Task* is over my wife and I are basically salivating with frustration. We want to see it now. It's so good that we almost considered just waiting until the entire series was out so we could binge it in one sitting.

Task is done by the same people who created *Mare of Easttown*, which was amazing. And it's part of an ongoing trend of prestige TV set in Pennsylvania (see also *Long Bright River*). Mark Ruffalo stars as aging, alcohol abusing FBI agent Tom Brandis. Brandis has been assigned to lead a task force (hence the name, *Task*) investigating a series of home invasion robberies against drug dens being carried out by a three-man crew. The crew is led by a man named Robbie (played by Tom Pelphrey). His motivation at first seems to be simply money. But as events progress, it becomes clear that money is only one of his reasons. Things go sideways during one of the robberies and the situation escalates horrifically.

What struck me about this event was that it told us right away this series wasn't going to go on for ten or twelve episodes. Given what happened that simply couldn't be the case. I suppose if I'd bothered to look it up beforehand I could've just read that somewhere, but I didn't have to because this show knows how to get information across without spelling it out. Stories that assume the audience has a brain are just better. I'll start listing the good things because essentially nothing in this series is bad.

The main characters are given enough breathing space to establish their identities and make them feel human. The supporting characters are well developed without overpowering the leads. Their arcs are (with one exception) connected to the larger story and don't feel like filler. The director keeps them on screen for exactly as long as they are interesting and then moves back to the main thread. None of the dialogue feels contrived or off topic. When the characters are discussing things other than the case it's because those topics come up

organically. Every character's motivation makes sense. At no point does anyone do anything inexplicably stupid because the plot needs them to. There are a couple of actions taken by major characters that feel poorly thought out, but they come across as believable human error. The writers put in the work and built their story around the rules of plausibility. Plausibility creates empathy in the audience, which makes it possible for them to care what happens.

And I have to praise the choice of the miniseries format for this story; seven episodes is the correct length. It doesn't overstay its welcome, and it doesn't cut corners. I want more series done this way. The show is getting overwhelmingly good reviews and it *will* make more people subscribe to HBO, because in this case they truly earned it. Giving the writers creative control results in better products which keeps the customers happy which makes you more money. Got it? Good.

So, what (if anything) was bad about this show? There's an unnecessary subplot involving Brandis' adult children. It initially serves to explain his mindset and generally shed light on how he came to be who he is. Structurally this is meant to humanize the protagonist, and it does. The problem is that it takes on a soap-opera-ish life of its own that has essentially zero connection to the core story and is therefore boring. There are multiple scenes that depict Brandis' adopted daughter Emily in therapy, and her clash with his biological daughter Sara who clearly thinks her vote on an important family issue should carry more weight. It's all done very well, but it has no business being the B plot when the A plot is such a deadly serious urgent situation. Every time they switched to this thread it felt like someone slammed on the brakes and killed the momentum. Other characters have their own subplots, but they only exist in connection to the main thread.

So, this is a strong recommendation from me. HBO demonstrates once again that they know what they're doing and we're all better off because of it.



Image Source: [RottenTomatoes.com](https://www.rottentomatoes.com)

Build a Healthy Thanksgiving Plate

By: Dr. Riffat Sadiq, CEO of WNY Medical PC, Channel Creator

Thanksgiving is a time to be thankful for all the good in our lives, more specifically our physical health. For diabetics, it can be difficult to manage and track our eating habits. It is crucial to pay attention to your plate this Thanksgiving to maintain proper blood sugar and A1C levels. By developing good habits now, we can maintain a healthy lifestyle throughout the year.

The diabetic plate method is effective for maintaining healthy blood sugar levels. This can be used for the holidays, as well as any time of the year. The plate method is broken down into three sections: non-starchy vegetables, lean protein and high-fiber carbohydrates. The non-starchy vegetable section should cover half of your plate. Examples of these vegetables include green beans, broccoli, carrots, and salad. You can liven up your vegetables with herbs, spices, or a little olive oil, versus a traditional way of



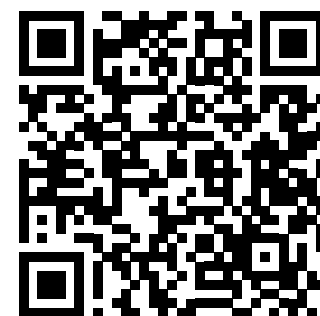
seasoning them with sauces, cheese, or butter. Next, one quarter of your plate should consist of a lean protein, such as the traditional Thanksgiving turkey. It's best to enjoy this portion of your plate as a skinless option. Finally, one quarter of your plate should consist of healthy carbohydrates. Examples of this include sweet potatoes or a whole grain stuffing. When preparing your potatoes, consider leaving the skin on for this to increase your fiber intake. Avoid frying your food at any and all costs.

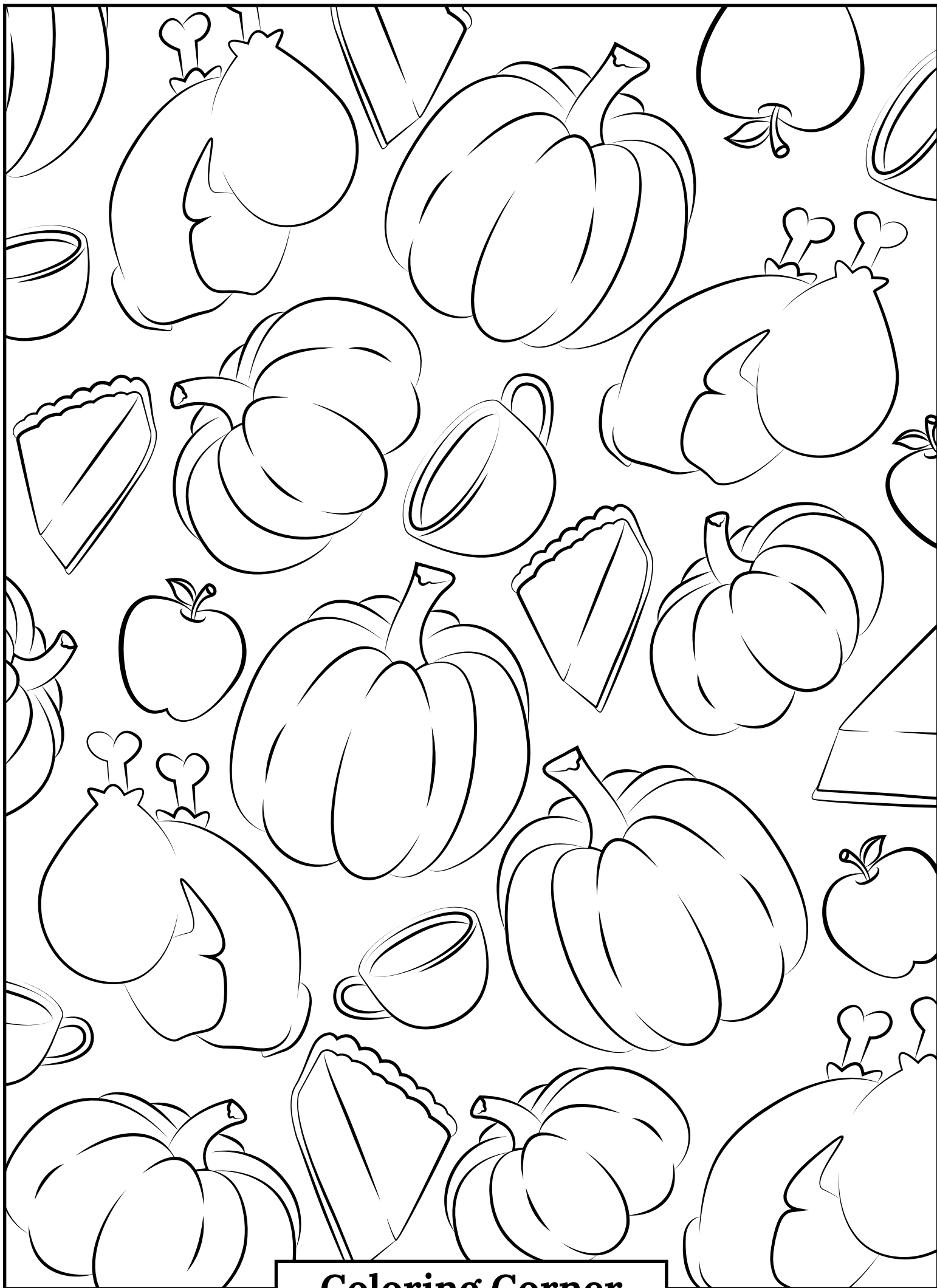
Overall, there are several ways to maintain a healthy plate around the holidays. Remember to choose lean proteins and to incorporate healthy fats, such as avocado or nuts, to help with blood sugar control. Processed foods should be avoided at all costs; whole foods are not only better for you, but you will feel better after consuming them. Mindfulness is crucial around the holidays, too. Remember portion control, plate sizes, and proper hydration. This will not only help your blood sugar levels, but it will also keep you feeling full and satisfied. Making small changes now will help in the future. If you make mindful efforts throughout dinner, there is a better chance of enjoying that piece of pumpkin or apple pie at the end of the night! Happy Thanksgiving to you and your family this and every year.



Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself?
Watch videos on YouTube, DrRSMD.





Coloring Corner

Diabetic-Friendly Thanksgiving Sides

Source: TasteOfHome.com



Spinach, Apple & Pecan Salad

Ingredients:

- 2 packages (6 oz each) spinach
- 1 medium apple, chopped
- 1 cup crumbled feta cheese
- 1 cup glazed pecans
- 1/2 cup chopped red onion
- 1/3 cup dried cranberries

Directions:

In a large bowl, combine ingredients. For dressing, in a small bowl, whisk vinegar, sugar, mustard and pepper until blended. Gradually whisk in oil. Pour over salad; toss to coat.

Dressing:

- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon Dijon mustard
- 1/8 teaspoon black pepper
- 1/4 cup canola oil



Mashed Peppery Turnips

Ingredients:

- 4 medium turnips (about 1 pound), peeled and cut into 1-1/4-in. pieces
- 1 large potato (about 3/4 pound), peeled and cut into 1-1/4-in. pieces
- 2 tablespoons reduced-fat cream cheese
- 1 tablespoon butter
- 1 tablespoon minced fresh parsley
- 1 teaspoon sea salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/8 teaspoon chili powder
- 1/8 teaspoon ground chipotle pepper

Directions:

Place turnips, potato and enough water to cover in a large saucepan; bring to a boil. Reduce heat; cook, uncovered, until tender, 15-20 minutes. Drain; return to pan.

Mash vegetables to desired consistency. Stir in remaining ingredients.

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