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**New Years  
Resolution:**

**Get Happy!**

**Gym Membership  
Gimmicks...What  
You Should Know**

**Do you know the  
Signs of Glaucoma?**

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Your Health, Wealth & Happiness explores the truth and facts not only within, but beyond the confines of your health, personal wealth, and individual happiness. We have one goal; to bring you the information you need to live a healthy, wealthy, and happy life. We find simple tricks to improve your health, and long term goals to stay on top of it. In this new age of ever expanding technology, there is an endless supply of new recipes, health care improvements, new operations, machines, vaccines, cures, research, even robots, and more. Keeping on top of Your HWH is crucial to living the best life possible. Cheers to growing a more healthy, wealthy, and happy lifestyle.



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# Glaucoma: What You Should Know

By Tehniyet Azam

According to the American Academy of Ophthalmology, Glaucoma is a disease that damages your eye's optic nerve. It usually happens when fluid builds up in the front part of your eye. That extra fluid increases the pressure in your eye, damaging the optic nerve. There are two types of Glaucoma:

## 1) Primary Open Glaucoma

In this type of Glaucoma, the fluid that needs to be drained doesn't drain properly causing damage to the optic nerve, just like a clogged drain. This is the most common type of Glaucoma. This type is painless and causes no vision loss at first. People who have higher than normal pressure in their eyes need to see a doctor regularly to make sure that they don't develop this type of Glaucoma. Regular eye exams are helpful to detect the early signs of this disease.

## 2) Angle Closure Glaucoma

This type happens when someone's iris is very close to the drainage angle in their eye. The iris can end up blocking the drainage angle. It's like a piece of paper sliding over a drain. When the drainage angle gets completely blocked, eye pressure rises very quickly. This is called an acute attack. It is a true eye emergency, and the ophthalmologist should be seen right away, it can cause blindness.

Here are the signs of an Acute Angle-Closure Glaucoma attack:

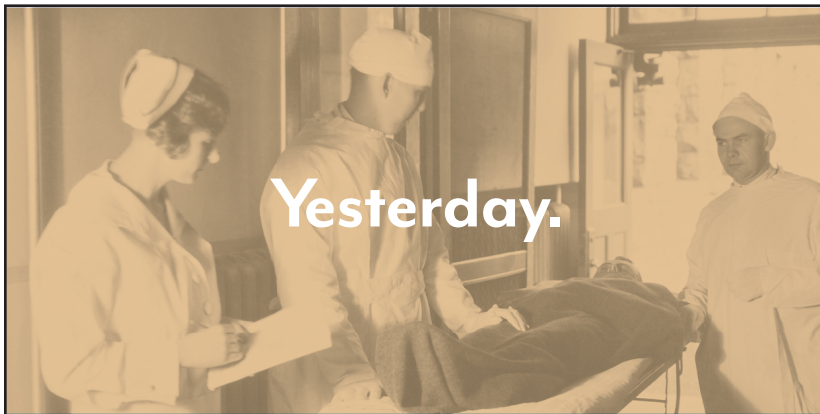
1. Vision is suddenly blurry
2. Severe eye pain
3. Headache
4. Feel sick to your stomach (nausea)
5. Throw up (vomit)
6. See rainbow-colored rings or halos around lights

Many people with Angle-Closure Glaucoma develop it slowly. This is called chronic Angle-Closure Glaucoma. There are no symptoms at first, so they don't know they have it until the damage is severe or they have an attack. Angle-Closure Glaucoma can cause blindness if not treated right away.

**Treatment:** There are three methods for treatment of this disease:

- Eye Drops • Medications • Surgery •

These methods will not cure the disease but will make it manageable. There is no cure for Glaucoma and that's why it's important to catch it in its early stages to prevent permanent blindness.



## Celebrating a Century of True Care

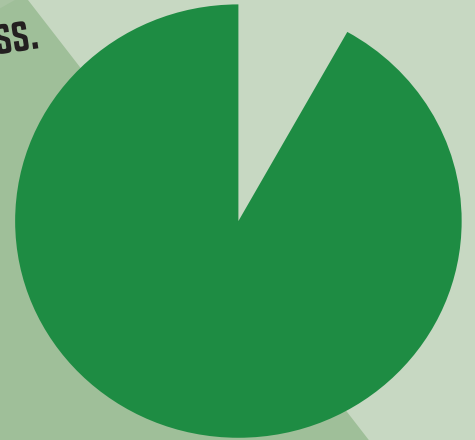
In our 100 years of taking care of Western New York, much has changed within the world, the community, and even within our own walls at ECMC. But even as we prepare for our next century of delivering true care for patients and families, we know the most important thing—compassionate care for everyone who turns to us—hasn't. And never will.



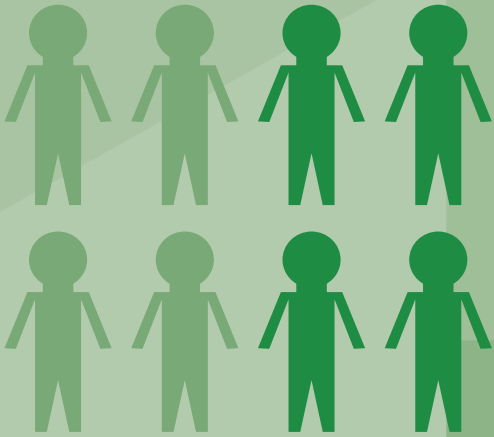


# Glaucoma Facts and Awareness

*In the U.S., more than 120,000 are blind from Glaucoma, accounting for 9-12% of all cases of blindness.*



*It is estimated that over 3 million Americans have Glaucoma, but only half of those know they have it.*



*Glaucoma is the second leading cause of blindness in the world.*



*Approximately 1 out of every 10,000 babies are born with Glaucoma in the U.S.*



*Glaucoma is a leading cause of irreversible blindness in the United States & the world.*



- [Glaucoma.org/glaucoma/glaucoma-facts-and-stats](http://Glaucoma.org/glaucoma/glaucoma-facts-and-stats)
- [Brightfocus.org/glaucoma/article/glaucoma-facts-figures](http://Brightfocus.org/glaucoma/article/glaucoma-facts-figures)

# Dialysis & Great Buffalo General Caregivers

By Mark Ryan

Unresponsive, bed bound and breathing with the aid of an oxygen mask, it looked like the elderly man's days were numbered.

He hadn't opened his eyes or spoken in two days in the intensive care unit at Buffalo General Medical Center. Chronic kidney disease had progressed to the point where prescribed diuretics weren't working, and weight gain from fluid retention was causing difficulty walking and cardiac issues.

According to the Centers for Disease Control and Prevention (CDC National Chronic Kidney Disease Fact Sheet, 2017), the 87-year-old man would be only one of about 30 million American adults - or 15 percent of the nation - battling chronic kidney disease. Chronic kidney disease is a condition in which the kidneys cannot properly filter the blood, resulting in excess fluid and toxic waste remaining in the body.

While family members feared a bad prognosis, Dr. Nagaraja Sridhar, the optimistic nephrologist, insisted the patient's chances for recovery were good with dialysis treatments. He stressed that the kidneys, lungs and heart all worked together, explaining the need to monitor with daily lab tests such as serum creatinine and potassium, blood urea nitrogen (BUN), glomerular filtration rate (GFR), hemoglobin and hematocrit.

As predicted, with a treatment regimen that included emergency hemodialysis, the patient's fluid build-up subsided, and he gained some strength. The improvement was dramatic.

Coincidentally (or not), it was shortly after the hospital chaplain, Reverend Patrick Fernandes, had paid a visit to the ICU when the patient first opened his eyes and started talking.

The motivated man transferred from ICU to a medical floor, still alive and kicking – literally, with his assigned physical therapist, Tom Panek, working to strengthen his leg muscles.



Like approximately 500,000 other Americans with failing kidneys, the patient is now receiving hemodialysis, the most common type of dialysis, three times a week. His blood is filtered through an external circuit, then pumped back into the body in sessions that last between three and five hours.

Dialysis is one of the medical success stories of recent decades. It continues to be an accessible and life-prolonging treatment for those with end-stage renal disease. The process has been refined and safety measures have become state of the art. The most current data provided by the United States Renal Data System reveals increasing survival rates among this vulnerable population.

Dialysis has its drawbacks, for sure, but there is one big advantage for anyone who isn't a candidate for kidney transplantation: staying alive.

Thanks to an underrated medical procedure with a mostly bad reputation - and wonderful caregivers at Buffalo General Medical Center - the 87-year-old man will soon be returning home to his family.

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# All-Denominational Respite – Rood's Benevolent Blessing to Buffalo

By Kristie Hanson

Lisa Rood, former Department of Senior Services employee, worked for many years with individuals who were caring for loved ones. She quickly noticed that dementia caregivers did not have time to read the literature about the disease, but desperately needed support.

Based on Mark Warner's Alzheimer's Proofing Your Home, Lisa Rood developed a program where she could enter a home and offer suggestions (often cosmetic) to make the home safer and easier to care for loved ones. Think of curtains waving looking like people or striped walls feeling much like jail. Though these experiences are initially frightening to individuals with dementia, Lisa learned that objects like dark rug's placement could be used to a caregiver's advantage as a perception blockade to keep a loved one from wandering outdoors.

Spouses caring for spouses with dementia can often be sad and exhausting. Adult day care is difficult for some to trust and challenging to afford. Auspiciously, when retired couples from the Clarence United Methodist Church got together, even after some developed dementia, their regular determination to convene inspired Rood to turn her knowledge and experience into a working program.

After placing an article in the Hamburg Sun and receiving 32 volunteer responses, Lisa Rood knew a caregivers respite program would be the perfect opportunity for healthy and retired baby boomers to have something worthy to do. From 10:30 AM - 2:30 PM every second Wednesday of the month, the program, based on a social model of care, offers supervised activities to individuals with early to moderate stage dementia. She received permission to start the R Gang Respite Program as a ministry at Hamburg United Methodist Church, 116 Union St., Hamburg nearly nine years ago.

The framework of the program begins by partnering volunteer "buddies" with "guests." After brain-stimulating quiet activities like puzzles and word searches with fresh cookies and coffee, special guests arrive ranging from therapy dogs to toddlers from the preschool to artists to local massage therapists. A monthly craft follows, which becomes a take-home token of personal satisfaction whether that is through gifting the craft (like a decorated picture frame of the participant) or through satisfying its purpose throughout the week (such as a birdfeeder).

Without fail, the midday lunch is donated monthly from church members. Lisa Rood emphasizes the incredible involvement of the faith-based community. Through volunteering, cooking, or donating craft supplies, this program has become naturally sustainable. \$1,000, from a generous church member, started the program, and besides minimal craft costs, the monthly 4-hour respite is practically free to operate. Participants and their families do not incur any costs.

Gentle physical activity such as seated T'ai Chi follows lunch along with a popcorn toss ball game, bingo, and an olde-time

sing-a-long. Given the many activities throughout the program, Lisa has found that many times the guests have a "key" that enlivens their spirits. For one gentleman, he began to dance with Rood during one month's sing-a-long. Come to find out, he and his wife were once avid ballroom dancers. His eventual dance with his own wife didn't leave a dry eye in the room when she thanked Rood, for he hadn't embraced her like that for a great length of time.

When Lisa Rood began to understand the impact of this program on caregivers and guests alike, she spoke about it at her formal job, and the then Erie County commissioner, Randy Hoak, asked her to replicate it in other churches. With simple \$1,000 startup funds, Lisa's guidance, and a passionate



coordinator, Rood has assisted the startup of twelve respites around the Buffalo Niagara region. Even after retirement, Rood has been contracted with Erie County to continue setting up programs, 5 of which are in the works today.

Under a Catholic Charities grant, Rood started respites in Wyoming, Allegany, Cattaraugus, and Genesee counties. Anne-Marie Doetterl, the Catholic Charities local caregiver advocate, now utilizes Rood's respite framework to create programs in the city of Buffalo. Rood speaks to the ease of program startups, as forms, advertisements, photograph consents, and safety programs (through church protocols) are easily customizable. Her site visits, along with Alzheimer's Association training for volunteers, ensures that content and communication is appropriate and enjoyable.

Rood spoke at a NYS Respite Caregiver Coalition summit in Albany a few years back, and it is obvious that her work is both respected and upheld beyond Western New York. The simplicity of the program that she sensibly reiterates is only due to her ample knowledge, ability to involve an overly willing community of volunteers, and her personal faith-based care for others.

Lisa Rood's leadership is a true blessing to Western New York, as her professional work has coincided with compassionate ministry as an outreach program that affects couples beyond their years. Though the program may be effortless in her mind, Lisa's tender grace threads through dozens of these programs and into the participants' and caregiver's lives alike.

# Time To Pay Your Debts

By Webster Tilton

To shop is to run up bills. And, eventually, those bills come due. Very soon many of us will be deluged in holiday credit card bills, or other bills we put off in order to buy presents. So how do we handle this onslaught of debt?

Hopefully you budgeted before-hand. You had a good idea of how much you could afford to spend and you knew how long it'd take you to pay it off. But what if you didn't? Before you can fix the problem first you have to know the scope of it.

First go online and make a comprehensive survey of what you owe, and to whom. All your credit card balances should be available online through the company website or app. Second, take a deep breath, count to ten, and let it out. Let the sticker shock subside. Third, make a prioritized list. Whatever cards have the highest rates need the most attention. Target those debts for first payment accordingly, and so on and so forth. Fourth, and most important, stop spending for a while. The holidays take a big bite out of everybody's wallet and many of us need a recovery period before we're financially healthy again.

Debt consolidation services may be the right answer for some. There are many such companies and some of them offer good deals. However, you should proceed with great caution. There are oftentimes various catches and conditions that could leave you worse off than when you started. Remember that robbing Peter to pay Paul is no solution to the long-term problem.

It's psychologically tempting to ignore the problem. Christmas is a time for giving after all, those presents were 'necessary' expenses, right? But the truth is that it doesn't matter. Whether they were necessary or not you still owe. And if you didn't budget when you shopped then the above triage procedure is something you need to do.

Remember that interest accrues every month. The longer you put off dealing with this unpleasant but necessary task the worse it becomes when you're eventually forced to take care of it. Putting your entertainment plans on the shelf for a few months, or even taking a few extra shifts at work, may not be a fun idea but it will give you the infusion of cash you need. Everyone overspends from time to time, the real question is this; are you prepared to take responsibility and deal with it when the debt comes due?

## Stock Tip of the Month: Put Options & Being a Wise Investor

By Timothy Kelheart

Disclaimer: Invest at your own risk and after you have conducted your own due diligence on stocks mentioned in this article.

January, a new beginning in the world of business and the stock market; Usually a time of uncertainty as 4th quarter earnings from the following year won't be released till the very end of the month and sometimes not until the beginning of February. This release date varies from company to company as they all are not on the same fiscal calendar but most of the big stocks are grouped together.

The day traders are just warming back up after the holiday recess and closing of the stock market with all looking to make a big splash in the new year. With the start of a new year it is the perfect time to talk about put options or the betting that any given stock will increase or decrease in a set period of time. The advantage of put options if wagered correctly can result in great gains if you have done your homework and have a good feeling about a stock price's movement. A put option states that you are willing to buy or sell a certain stock for a given price on a specific date. If you believe that a stock is going to hit rock bottom it would be wise to put a put option to sell your stock for roughly the price it is valued at or



more than the current asking price for it if those who would be purchasing the put option believe that the stock will raise in price, allowing them to believe that they are getting a deal on the future value of the stock. And the same can be said about the reverse in buying put options.

But be very weary on put options and those who offer them in the market and watch out for the whales they will sink your financial boat.



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## **Gym Membership Gimmicks**

**By Canney Savanney**

Every New Year, everyone seems to make that same old resolution to go to the gym and lose that accumulated extra body weight they put on throughout the winter holidays. The public is continuously bombarded to join this and that gym, which all seem to have these amazing new low rate memberships.

Are those deals really the best time to join or are they all just a gimmick? They seem to prey on the insecurities of millions of over stuffed individuals and who can no longer button their favorite pair of pants.

The real question is, what is the best gym deal?

The perks of gyms are that they have more equipment than you own at your place. Personal fitness coaches seem to always be readily available to help you focus on what target areas you want to lose weight or gain muscles. Now a days, there are gyms that offer great perks such as sauna services, massage chairs, or even tanning rooms.

The decision boils down to what you really want to gain from the New Year? Most basic gym packages cost around \$10 per month before initial set up fees. The higher package selection you choose, the more perks you receive. Some gyms, like Planet Fitness offer in service free haircuts if you choose their best program for \$21.99 per month. When working on a budget, that's a huge savings especially for women who know that a good haircut can cost a lot more than your monthly membership. Usually around of the end of the year a lot of gyms offer low enrollment rates such as for a \$1, like Crunch Fitness.

Some things to take a way for the New Year Gym Memberships:

Invest your time in doing research. Not all gyms are the same. Find one that works best for you.

If you do join a gym, make sure you take advantage of the perks that you cannot get not from a home workout. You're paying for it either way, so why not enjoy it?

If you cannot afford a gym right now, consider available videos on YouTube for workout routines and make exercise a daily part of your routine.

Stayed tuned for more from your favorite Savvy Shopper!



# Car Seat Safety Tips from EPIC

By Susanna Schenk, Family Engagement Associate  
at EPIC – Every Person Influences Children

Every parent's number one concern is keeping their child safe and healthy. At the same time many parents unknowingly risk serious injury or death to their child each time they put their child in the car. In the United States, car accidents are the number-one cause of death among children ages 4 to 12 and the number-two cause of death among children ages 1 to 4. Studies done by the National Highway Traffic Safety Administration (NHTSA) and American Academy of Pediatrics (AAP), among other organizations, show that the best way to decrease the risk of injury and death for children is to properly install and use the appropriate car seat for your child.

As part of EPIC's new car seat safety program, we would like to share with you a couple tips on ensuring that your child is in the right car seat, that the seat is installed properly and used correctly every time you put your most precious cargo into a car.

- Read the instructions. EVERY car seat comes with (and should have) an instruction manual and labels on each side of the seat. These items provide you with manufacturer information, height and weight requirements and installation instructions. This IMPORTANT information will guide you in selecting the right seat and installing and using it the right way.
- Is it the right size? Make sure the car seat is the right size – refer to your manual or the seat labels for the height and weight requirements. Your child should NEVER exceed those amounts.
- Don't move an inch. Once installed, the seat should NOT move more than an inch front to back, side to side.
- Location check! Be aware of where your air bags are and NEVER put a rear-facing car seat in front of an active air bag.
- Pinch test. If you are pinching extra strap material on the harness, it is NOT tight enough and needs to be adjusted.
- Armpit check. The chest clip should set between your child's armpits – not higher, not lower.



- The harness straps should not be twisted, ripped or WASHED. If ripped, or washed (unless the user manual instructs washing), the seat will need to be replaced.
- Seat belt or LATCH system (Lower Anchors & Tethers for Children). You will have a choice of using the seat belt to secure the seat or the lower anchors. Your auto manual will tell you where the anchor attachments are in your car (in newer cars there are also symbols on the seats). NEVER USE BOTH SYSTEMS.
- Tether is better. Don't forget the tether for forward-facing seats. A tether connector reduces forward and side movements, keeping your child safer.
- Take coats off! There should be nothing between the child and the buckle. Coats compress in a crash and the slack in the harness could cause injury to your child. A small child can even be thrown from their seat in a crash once the coat compresses down. ANYTHING BULKY SHOULD BE OUTSIDE OF THE HARNESS.
- Watch out for flying objects. If an object is not secured it is free to fly about it can hit someone in an event of a crash.
- EVERYONE should be buckled up!

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Influences Children

If you have any questions about your car seat, or would like to have it checked, please call 716-332-4130, or refer to [www.epicforchildren.org](http://www.epicforchildren.org) for any upcoming car seat safety events.

# New Year, New Friends

By Matthew Brooke

What better way to bring in the New Year than with a new friend. People come into each other's lives at seemingly random points in our lives but they can soon become lifelong friends and companions.

There isn't a set way to find a new friend. It all depends on who you are and what you like to do. Your new friend will have to have similar interests to you and will have to have a complementary or matching personality. But don't fret if they have different interests or personality, they say opposites attract after all.

Friends of friends is always a good way to meet new people and develop friendships with people who you have a mutual acquaintance with. You will be able to use your mutual acquaintance to strike up conversation and be able to have someone to introduce you if you are a little shy. Group events are always a good time and the more people there are the merrier. With a larger group of people to talk to you'll have a better chance of finding someone who is similar to you and be able to start up a conversation that could create a long lasting friendship.

If I could give any advice about finding a new friend, it is to not get discouraged if your friendship doesn't last as long as you would like it to. Sometimes people get busy, their lives change, and they no longer have time to grab lunch. With my last words of advice I would tell you to never burn a bridge with a lesser known acquaintance, you'll never know when they will reappear in your life or if you'll need to lean on them when you are in a time of need.



# WNY Medical's Annual Holiday Banquet

By Stacy Moore

WNY Medical, PC held their Annual Holiday Banquet on December 14th. Almost 200 people, including staff, medical professionals, and administration from the company's 13 medical offices, came together to celebrate the holiday season. As they gathered, it was not only for the opportunity to recognize the hard work that was accomplished during the year, but to dedicate the evening to another very important group as well.

Gifts were gathered during the event for the new Oishei Children's Hospital of Buffalo. With 185 patient beds that could potentially be occupied for Christmas, the guests were asked to bring along gifts as a donation to the babies, children and families. Creating a collaborative effort among their vast locations throughout Western New York, they were successful in obtaining a humbling notion at their celebratory evening. WNY Medical came together with their "family" of caretakers who generously participated just so they could give not only a store bought gift, but the gift of a magical moment during this time of year.

After the Holiday Banquet, the gifts were sorted so they could be delivered directly to the patient rooms at the hospital. The gifts were beautiful! From infant blankets to Star Wars items, gifts were put in gift bags with tissue paper that identified the appropriate gender of the child. Red for girls, green for boys and white for neutral. Packed up and ready to go so that, they could hand the gifts out one by one to the patients.

On December 20th the CEO of WNY Medical, Riffat Sadiq, MD, and a few staff handled the delivery of the gifts. WNY Medical had two hospital gurneys filled with gifts to be handed out. The gurneys were wheeled along through the hallways of the hospital as the staff stopped in each room. Personally greeting each child and saying "Merry Christmas". The children and the families were so grateful for this small token. Without knowing they also gave WNY Medical a gift in return. It was the gift of a warm heart for the holidays. That is what the season is all about.

*"For it is in giving that we receive."*

See back cover for more from the event.



# New Year's Resolution: Get Happy

By Oliver Clarke

It's no secret that the vast majority of New Year's Resolutions tend to fail. The trouble isn't a lack of willpower, but a lack of goal-setting skills, and a tendency to choose what you think you "should" do, versus what is actually personally meaningful. This year, let's craft a plan to make 2018 happier and more fulfilling than previous years, and do so in a way that has the best possible chance of succeeding!

Maybe you've heard of SMART goals—your goal must be Specific (not vague), Measurable, Achievable, Relevant (to yourself and your life), and Time-bound. But that's not all. To really set yourself up for success, you should also phrase it in a positive, rather than a restrictive way ("read more" is better than "stop wasting time"), schedule time for your goal, share your goals with others to form a support system, cultivate the mindset that something is always better than nothing, so do not get discouraged if you can only do a little some days, and most importantly, have patience and resiliency.

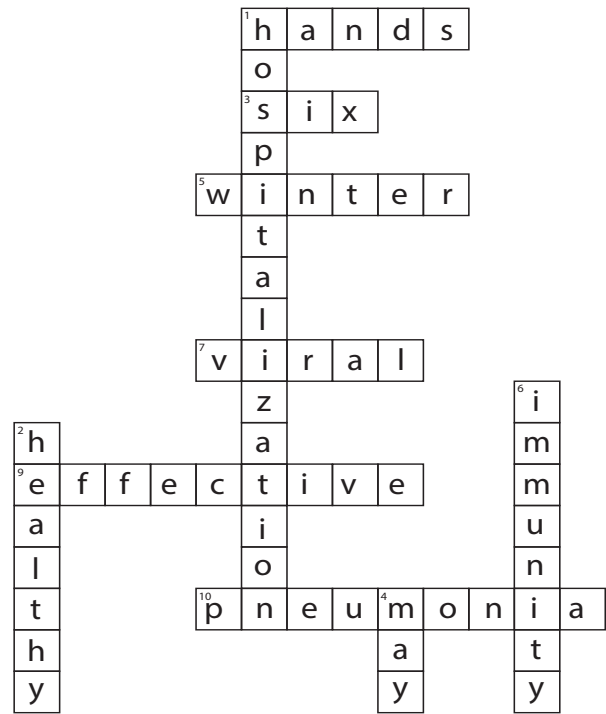
Alright, so how do we live a happier life in 2018? This is a very personal thing, as it should be! There is no one answer, and what is right for one person may not be right for you. That being said, here are some examples of happiness-themed New Year's Resolutions: Face your fears and insecurities, learn how to control your emotions, pick up a new hobby, express yourself artistically, learn more, play more, be more grateful, learn to enjoy the little things, spend more time being active and in nature, bring more peace into your life, be kinder to yourself, create a positive attitude, strengthen your personal relationships, and volunteer.

Next, create a detailed plan of how you are going to accomplish this, being mindful of accountability. How will you track it? Personally, I'm a fan of journaling, but there are also plenty of apps out there to help you achieve goals and master new skills.

Happy New Year!



## Influenza Awareness Crossword Puzzle



**How did you do?  
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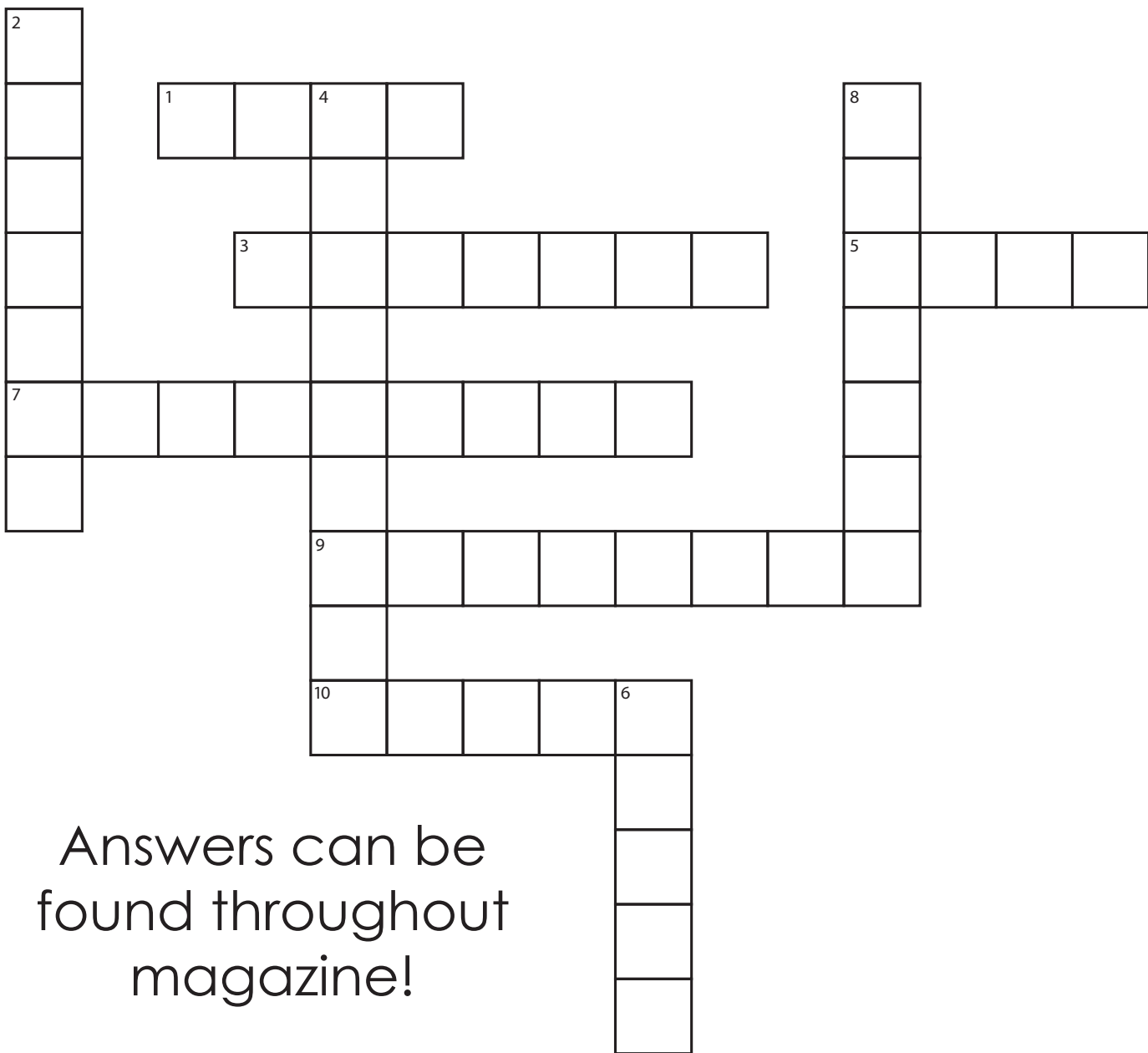
Up to 48 one-way rides every year

We can help you to save Medicare Part B premium if you are qualified for Medicare Savings Program (MSP). Other social services programs are available.



\*You must continue to pay your Medicare Part B premium, if not otherwise paid for under Medicaid or by another third party. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call <insert phone and TTY numbers>. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. Premiums, co-pays, co-insurance, and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. Y0066\_171012\_142552

# January 2018 Crossword Puzzle



Answers can be found throughout magazine!

## Across

- 1) \_\_\_\_\_ Consolidation services may be the right answer for some.
- 3) \_\_\_\_\_ percent of the nation battles chronic kidney disease.
- 5) Primary \_\_\_\_\_ glaucoma is when fluid does not drain properly, causing damage to the optic nerve.
- 7) Car \_\_\_\_\_ are the number one cause of death among children ages 4 to 12.
- 9) It's important to make \_\_\_\_\_ part of your routine.
- 10) Goal-setting begins with the acronym \_\_\_\_\_.

## Down

- 2) WNY Medical PC held its Annual \_\_\_\_\_ Banquet on December 14th.
- 4) Glaucoma is the second leading cause of \_\_\_\_\_ in the world.
- 6) \_\_\_\_\_ million Americans have Glaucoma.
- 8) Angle \_\_\_\_\_ Glaucoma happens when someones iris is very close to the drainage angle of the eye.

## January WNY Events

### Our Famous New Year's Flea Market:

January 6th from 9:00 AM to 3:00 PM at the VFW Post in West Seneca, NY. For more information, please visit their Facebook page.

### Kids Day at the Buffalo and Erie County

**Botanical Gardens:** January 15th from 10:00 AM to 4:00 PM at the Botanical Gardens in Buffalo, NY. For more information, please visit [buffalogardens.com](http://buffalogardens.com).

### Wegmans Family Days - Fun with Fruit:

January 20th from 10:00 AM to 2:00 PM at The Botanical Gardens in Buffalo, NY. For more information, please visit [buffalogardens.com](http://buffalogardens.com).

**Winterfest:** January 27th at Chestnut Ridge Park in Orchard Park, NY. For more information, please visit [oprec.org](http://oprec.org).

### Buffalo Soup-Fest:

January 28th from 11:00 AM to 6:00 PM at the Buffalo Niagara Convention Center in downtown Buffalo, NY. For more information, please visit [buffalosoupfest.com](http://buffalosoupfest.com).

## Ongoing Events

**The Ice on Canalside:** All month long at various times at Canalside in downtown Buffalo, NY. For more information, please visit [canalsidebuffalo.com](http://canalsidebuffalo.com).

**digiPlaySpace:** All month long at various times at the Buffalo Museum of Science in Buffalo, NY. For more information, please visit [sciencebuff.org](http://sciencebuff.org).

**Healthy Options Cooking Class:** January 9th, 23rd, and 30th from 6:00 PM to 8:00 PM at D'Avolio Kitchen and Sun Cusines in Williamsville, NY. To register and for more information, please visit [healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com).

## Recipe Corner

### Slow Cooker Cinnamon Oatmeal

#### Ingredients:

- 1 cup steel-cut oats
- 2 tsp. cinnamon
- 2-3 tsp. pure vanilla extract or powder
- ½ tsp. salt
- 1/2 cup chopped dates
- 4 cups water

#### Directions:

- 1.) In a slow cooker, mix all the ingredients and the water together.
- 2.) Set it on low heat, and cook overnight for 6 to 8 hours.
- 3.) In the morning, spoon into bowls, and serve with a light sprinkling of cinnamon, if desired.





**WNY Medical's  
Annual Holiday Banquet  
and Oshei Toy Drive**



**WNY MEDICAL, PC**

Competence. Compassion. Collaboration.

WNY Medical gave back to the community this season thanks to multiple donations given at our Annual Holiday Banquet.