

*Happy New Year!*

Dr. Martin Luther King Jr. Day

Practicing Mindfulness



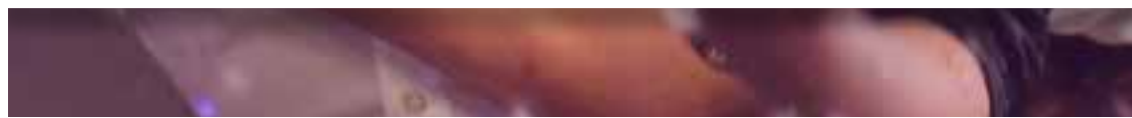
FREE JAN 2021



WNY Medical  
Spotlight: Dr.  
Diane Morrison



*HEALTH, WEALTH, HAPPINESS & SPIRIT*



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## OUR MISSION

Your Health, Wealth, Happiness and Spirit explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information and guidance that you can use to live a happy, healthy, and spirited life. We find tips and tricks for the short term as well as more expansive information for the long term. The ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply data to take from. With HWHS 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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## STAFF AND CONTRIBUTORS

Editor-in-Chief  
Faizan Haq

Managing Editor  
Sana Iqbal

Executive Editor  
Melissa Rothman

Copy Editor  
Katy Siwirski

Graphic Design  
SunSpin Media

Published by  
SunSpin Media

Staff Writers  
Kari Seep

Valeria Marquez Luna

Oliver Hibbard

Lauren Trautwein

Sarah Khan

Emily Scripps

Ayesha Khan

Contributors

Melissa Rothman

John Kolarik

Katy Siwirski

Anthony Sodaro

Kayla Milligan

Oliver Hibbard

## ADVISORY BOARD

Joe Cirillo, Director of Public Relations and Communications , ECMC  
 Dr. Riffat Sadiq, MD, President & CEO of WNY Medical  
 Dr. Joe Serghany, MD, Western New York MRI  
 John M. Hatcher, CEO JMH Advisement, LLC

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4011 Bailey Avenue | Amherst, NY 14226 | 716-362-7849  
[submit@yourhwhs.com](mailto:submit@yourhwhs.com) | [www.yourhwhs.com](http://www.yourhwhs.com)

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## A NOTE FROM THE EDITOR

Hello Readers!

Welcome to 2021! We here, at HWHS, have a good feeling about this year. We have made it through 2020 and are going to bring positive energy into this new year. We hope you all had a happy and spiritual holiday season.

We are back and better than ever for this month. First off, we have a newer new look to our branding for you. We felt that we needed to revisit our logo to better fit us. The “petal” shapes are reresenting of the spirit and create an “S” shape, that is flowing and free. The four central dots represent Health, Wealth, happiness, and Spirit, the four themes to our magazine. They combine to show that everything is connected and we must work on all of them for a whole and happy life.

Next, Webster Tilton makes his return after taking December off, with a lot of reviews for you. And we are including a lot more spirit and happiness articles for you. We wanted to begin the new year positive and wanted you to share in that with us.

Let’s leave what we can of 2020 behind us and look towards this new year as a fresh start. Let’s reconnect to our neighbors and to ourselves. It is time to find the part of us that gave us the title of “City of Good Neighbors.”

It may be hard to leave behind the energy of 2020 so, within this issue we have some techniques on how to ground yourself and find stability within to be better able to find those happy and positive moments.

Stay stafe and, as always, feel free to write to us at [submit@yourhwhs.com](mailto:submit@yourhwhs.com) for any topics you want covered or to submit feedback.

Sincerely,

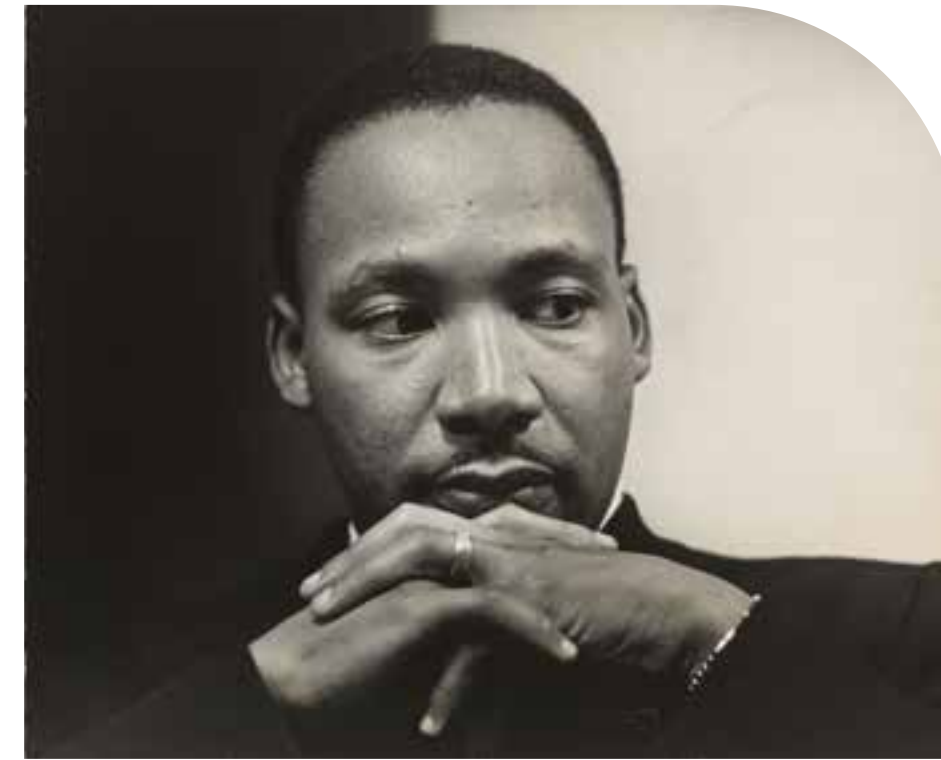


Melissa Rothman  
Executive-Editor



## Dr. Martin Luther King Jr. Day

By: EMILY SCRIPPS



Dr. Martin Luther King Jr. Day is so much more than a day off from work or school to celebrate a strong man who spoke up against racism and rights for black people. Let’s delve into more about this tremendous, powerful, outspoken man and all of his courageous achievements.

When is Martin Luther King Jr. day? The third Monday in January

**1955** MLK Jr. first came to national prominence during a bus boycott by African Americans in Montgomery, Alabama. During a 382-day boycott of the public buses, King was beaten and arrested and his home was bombed

**1956** MLK’s demonstration led to the 1956 Supreme Court ruling making segregation on public buses unconstitutional

**1957** He founded the Southern Christian Leadership Conference

**1963** MLK and black supporters staged sit-ins at lunch counters of white-run diners in Alabama’s

biggest city that refused to serve them. The Birmingham protesters were met with violent attacks from police, who used high-pressure fire hoses and police dogs on participants to break up demonstrations. At one of the protests, MLK was arrested and thrown in jail. During his incarceration, he wrote what became known as the “Letter from Birmingham City Jail,” a manifesto of sorts in which he argued that people had “a moral responsibility to disobey unjust laws.” The violence in Birmingham prompted President John F. Kennedy to say, “The events in Birmingham... have so increased the cries for equality that no city or state or legislative body can prudently choose to ignore them.”

**1963** March on Washington. The march drew more than 250,000 people to the National Mall and created a catalyst for the introduction of the 1964 Civil Rights Act

**1964** Instrumental in the passage of the Civil Rights Act

**1964** At 35, became the youngest person awarded the Nobel Peace Prize

**1965** Instrumental in the passage of the Voting Rights Act

**1968** Assassinated on the balcony at the Lorraine Motel in Memphis at only 39 years old

Though MLK was iconic and courageous, he only laid the groundwork for the fight against racism and black people everywhere. His fight still continues today. We use MLK to commemorate his tremendous strides and efforts, and should use his example to continue the fight for black lives everywhere.



///To make sure that you are keeping your body healthy, it is important to make a yearly checkup with your primary and OBGYN doctor.///

Women have such unique bodies, it is important to take care of your body and mind as such. Women that do not exercise are more likely to have cardiovascular disease, obesity, and diabetes according to the National Institutes of Health. It is important to eat the right things for your body as well as exercise as much as possible. Joining a gym or nutrition program and having a community behind it can be very helpful.

On top of taking care of your physical health, it is important to know about new common diseases that you could see yourself in countering. Polycystic Ovarian Syndrome (PCOS) is a disease that is starting to become more common in women in their childbearing years. It is caused by a change in hormones levels such as androgens, insulin, and progesterone. A good way of noticing this disease is by paying attention to your cycle and making sure that it is regular.

To make sure that you are keeping your body healthy, it is important to make a yearly checkup with your primary and OBGYN doctor. They can

make sure that you are following all the safety measures to make sure that you are keeping your body and mind healthy. If you are feeling overly depressed or overly angry, talking to your doctor and getting blood work done can be a good way to make sure that you are not having experiencing hormone imbalances.

Another important thing to do to take care of your body is to make sure that at home, you are caring for it properly. A woman's body has a pH level that is very sensitive so when you are washing your privates in the bathroom, it is important to use organic or fragrance-free feminine washes and to make sure that you are washing every day. This can prevent yeast infections and other undesired complications.

By making sure you are exercising and moving your body, washing yourself correctly, and staying up to date with checkup appointments, you can make sure that if anything does arise, you know as soon as possible and can treat it.

## Diane Morrison joins WNY Medical as our new OB/GYN



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Diane is a native of Buffalo. She is the daughter of a prominent OB/GYN, Dr. Dennis Heimback, who worked in the northtowns area for over 50 years. He was the chief of OB/GYN at Kenmore Mercy Hospital for many years. She joined him in practice, and they worked together until his retirement.

Diane attended Colgate University and UB School of Medicine. She graduated from there in 1994. Her residency was also with the University of Buffalo in general OB/GYN.

Diane has 22 years of experience in both obstetrics and gynecology. She has become knowledgeable in post-menopausal care and management of bleeding issues. Diane enjoys counseling women on their health concerns and working to make her patients a part of the decision making process when opting for treatments and care management.

Diane is married and has two grown sons.

**4247 Maple Rd Amherst NY 14226 | 716-835-9871**

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# Practicing Mindfulness

By: KAYLA MILLIGAN

When learning how to practice mindfulness, being kind to yourself is the #1 priority. You are unlearning old habits which can be a long and enduring process. Perfection is never the goal, but bringing yourself back to awareness and away from judgement is. New habits can only be made when we consciously take part in correcting our old habits. Consider 'breath' to be what brings you back to simple awareness. Your mind WILL wander, it will judge, it will get lost in what your plans are for next week, what happened on your 8th birthday, or if you did or didn't go to college. This is natural and it is okay. Realizing you've lost the present moment and redirecting yourself back to your breath is the key to all of this. Once you start noticing when your mind gets off track, is when you can become more and more aware of your thoughts which will help you to get back to where you need to be, the present.

## Mindful Reading



In a fast-paced world, it's easy to skip over the details and miss important information when speed reading. There have been many times where I've read an entire page in a book and couldn't recall

a single thing I had

just read. Before and after reading a page, pay attention to only your breath, no other thoughts or distractions. After taking a period to breathe, reflect on what you have read and what stood out to you, this will reinforce the information in your brain. This is one way you can efficiently be mindful while reading that will help you fully understand your studies, your work, and even your recreational reads.

## Mindful Writing



One way to write mindfully is to journal every day. Journals can be an extremely therapeutic path into understanding the inner workings of your mind. Staying present, acknowledging your emotions, and expanding on those thoughts, while appreciating your current situation for what it can be, is immensely helpful in staying mindful during the writing process. People generally feel relieved, intuitive, and more connected with one's self after writing in a journal. The goal of practicing mindfulness is to be presently aware of yourself and your current state, nothing more. Using a journal to filter out your thoughts will help you get closer to that present state.

## Mindful Listening



You can practice mindful listening in several ways, such as; in the morning with music, or in the presence of another person. Being attentive, aware, and calm is the key to being completely open to mindful listening. While waking up, take into account the sounds you hear. It could be a car driving by, some birds chirping in your window, or coffee being made in the kitchen. The sound you

are focusing on will fade away and you might feel your mind drifting.

Remember to bring your attention back to another soft sound. If you are listening to music, be aware of the feeling it gives you, the sensations through your mind and body, and the vibrations. Allow yourself to enjoy it fully without analyzing why. Being present while listening to another person may be the most important mindful listening skill to learn. It will not only build a closer trust with the person who's talking, but will give the person a prime example of how you would like to be heard when the time comes. Breathing, staying focused on what is being said, and actively listening without blurting out thoughts, is how you can mindfully listen during a conversation. Stay attentive to the person's feelings, tones, and body language, and let them know with your own body language that they are being fully heard.



Mindfulness has never been about forcefully blocking out thoughts. You *will* have many thoughts coming your way, even when you are trying to focus on one sound or entity. Let your thoughts come and go like waves. If you put no energy or depth into them, they will wisp away as fast as they came.

You are present. You are here in the now. It is a really beautiful thing to show up for your life. Not reflecting on the past, not planning for the future, not involving yourself in what-if scenarios, you are just living exactly in the time you were meant to be in. The present: the only real time that exists, that matters, that is important. You have all the power in the world when you are in control of your own mind, and it no longer controls you.

For more information visit [mindful.org](http://mindful.org).

## MINDFUL EATING TIPS



Make a habit of sitting at a table to eat.

Clear Clutter from around you before you sit.



Set a place for yourself, even if you eat alone

Put on relaxing music for while you eat.



Eliminate distractions and avoid multi-tasking.





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Media Corner: Reviews of: Fargo Season 4, The Death of Stalin, and If Anything Happens, I Love You.

By: WEBSTER TILTON

“Having a show that comes out once a week gives you something to look forward to”

### Fargo, Season 4

Having a show that comes out once a week gives you something to look forward to, and you get to enjoy it over a longer period of time. True, you don't get to binge it all at once but (and maybe I'm getting old here) there's something comforting about a routine, especially now. At least up to a point. But we'll get to that. Let me back up a bit.

Television adaptations of movies are usually bad. There have been too many to count and they're 90% soulless cash grabs, only watched by the core fanboys who just can't get enough of those particular characters in that particular universe. Never mind the fact that the A listers in the movie have been replaced with B listers for the show and the plot has little or nothing to do with the source material.

So four years ago when I first heard that Fargo was being made into a TV series I felt a sickening bolt of fear in my gut, mitigated only slightly by the fact that this was supposedly going to happen on FX, a channel with an excellent track record for high end drama shows and had a cast headlined by Billy Bob Thornton.

Fargo, like American Horror Story, is an anthology style series that has a new cast in a new location (and new time period) every year. I happen to love this format, because it keeps things fresh. Too many series get stale and overdrawn by stretching out a premise over way, way too many episodes and then leaving the audience twisting in the wind when they get canceled in between seasons.

Or worse, the show goes on for so long that people forget why they started watching in the first place. How



on earth did The Big Bang Theory ever last for twelve seasons? It was good but it wasn't that good. How I Met Your Mother lingered three seasons longer than it needed to and rubbed salt in the wound with a series finale that flipped the bird to the entire audience. But I've beaten this dead horse before so I won't go off on that rant again. Suffice it to say that I am firmly of the opinion many, many TV shows go on far longer than they ought to and decline in quality while they're at it.

But that can't happen with Fargo. It's a style rather than a franchise. New director, new location, new cast, and new time period each season; but always presented in the same chain-of-events story structure that pulls you in and keeps you there.

Chris Rock as a dramatic actor is a new concept for me. I didn't doubt that he could do it, but I would never have expected him to do it so well. He linchpins a large ensemble cast that hits most of the right notes most of the time. The story itself suffers from being slightly bloated and slow moving, but it drags enough venom and violence along with it while building toward a twisty climax that it doesn't drag things down. I would have liked to see a little more twistiness in the plot also. This years installment wasn't as good as last years, although it more than earned its keep. Give this one an -A.

CONTINUED ON THE NEXT PAGE



### The Death of Stalin

A friend of mine recommended this to me. I'd seen it advertised (it came out in 2017) but never considered sitting down to watch it, until I was advised that it was not just funny, but hilarious. So I gave it a shot. Then I watched it again to make sure I hadn't missed anything because I was laughing so hard at various points that I knew I must have missed some jokes while I was reeling from earlier ones.

The Death of Stalin covers the events surrounding the death of the long time soviet dictator and the rise of his replacement from within the ranks of the central committee. Steve Buscemi plays Nikita Khrushchev, a man who would assume control of the Soviet Union shortly after Stalin died. Jason Isaacs plays Marshal Gregory Zhukov, leader of the soviet army and...wow. Spoilers ahead, be aware.

This is dark, dark comedy. There's a scene early on where Stalin has suffered a stroke and is on his death bed. None of the central committee members want to take responsibility for diagnosing his condition, but all of the competent doctors in Moscow have been rounded up and executed for anti-Soviet behavior, forcing the committee to (by their own admission) round up all of the bad doctors in the hope of getting one of them to do it.

Stalin dies and the process of installing his replacement begins. And while the dialogue is entirely invented by the writers of the film, the events that take place are what happened in real life. The leader of the soviet secret police, the NKVD, is a man named Beria. Beria's main objective (just like everyone else) is to preserve or enlarge his power base now that Stalin has

“Watch it with someone you love so that there's someone you can hug when it's over. You're going to need it.”

died. But in the process his men kill 1,500 unarmed civilians who were trying to get into the city to attend Stalin's funeral. Sensing an opportunity to remove a thorn in his side, Khrushchev approaches Zhukov about using the slaughter as a pretext for a coup. Zhukov agrees, but only if Khrushchev can get the rest of the central committee on board.

But none of this matters. Oh, it all builds up to the end of the film, sure, but none of it matters. The dialogue is the tightest, snappiest, driest, most pitch black think you'll ever hear in your life. Jason Isaacs steals the show without even trying. To describe Zhukov as a cocky, bombastic smart-alecky bulldog would be the understatement of the century. I cannot advocate in favor of this movie strongly enough, go watch it. A+

### If Anything Happens, I Love You

I will not under any circumstances spoil a single moment of this masterpiece.

It's not very long, and you should watch it immediately; but be warned, this will not be an easy one to see. The title should be enough to tell you approximately what it is about. In the time that we're living in, that sentence doesn't leave a lot to the imagination.

If Anything Happens is a 12-minute animated short. It will punch you in the heart and leave you sober, stunned, and unable to speak for probably longer than the movie itself. I cannot imagine the pain that went into making it. All I can do is stare blankly at my laptop monitor knowing that nothing I could ever write here would do it justice. This little short is what people mean when they say that movies are art and it will stand, quietly but unyieldingly, against any cold-hearted cynic who cares to argue that animation is not real filmmaking.

I made the mistake of watching it alone. Don't do this. Watch it with someone you love so that there's someone you can hug when it's over. You're going to need it.

## ACTIVITY CORNER



I F L L S N I U G N E P Z D G  
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 U H C E Y E C A R E M O N T H

## All Things January

NEW YEAR  
 EMANCIPATION  
 HOT COCOA  
 SNOWGLOBE  
 BEANIES  
 READING

ICICLES  
 MARTIN LUTHER KING JR  
 RESOLUTIONS  
 NEW BEGINNINGS  
 ABRAHAM LINCOLN  
 SOUP SEASON  
 EYE CARE MONTH

CELEBRATE  
 BOOKS  
 PENGUINS  
 MITTENS  
 GOALS

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Z	B	Z	W	H	V	J	S	Q	J	A	C	E	V	A

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## Manage Your Business' CEO Faizan Haq's Words of Wisdom

Strategy is the key factor that makes or breaks a business. Before you indulge in strategizing, one should know the priorities of the business. It requires you take a complete account of your business's vulnerabilities, objectives and resources at hand. One should also take into consideration the competitors and their possible advantages over one's business. When devising a strategy, along with objectives, one always must take into consideration organizational capacity as well as the capacity of it's leadership.

The areas of leadership deficit must be identified and a plan should be put in place to make up for those shortcomings. A common sense approach will be to create teams of people with diverse strengths, to complement their efforts. A business strategy is like playing a game of chess with multiple players without fully knowing their countermoves. One is constantly challenged with internal and external challenges that may cause diversions and prevent the organization from achieving its goals and objectives. At this juncture, it is a must that the leadership keeps a clear vision and focus on the organizational mission.

It is highly recommended to have defined values by which the organization is going to meet those challenges and overcome difficulties. Once the vision is clear and well defined, with values in place, long term and short term goals can be effectively achieved. Defining these goals again will require a sound and practical but ambitious strategy to be in place. The confidence of leadership is tested through the strategy that they choose to lead their organizations with.

Mistakes and difficulties and at times failures do not necessarily reflect on the abilities of the leadership. However it requires for them to keep their mind open about tweeking and adjusting the strategic plan for the organization.

## Health Tips with Dr. Riffat Sadiq



About 325,000 Americans die each year from cardiac arrest.

A potentially life-saving practice warrants more study, according to doctors who say they are intrigued by the idea of Cough CPR. Cough CPR involves a patient making the effort to cough at the onset of heart attack to maintain consciousness and call for help. Coughing focuses blood to the brain as the heart begins to fail, keeping patients awake. It may also rectify heart rhythm. Approximately 75% of heart attacks happen in the home, often when a patient is alone. The chance of survival increases if patients can stay conscious until circulation is restored or help arrives.

Coughing to encourage circulation is not a new idea. Patients undergoing angiograms are often asked to cough forcefully to promote blood flow. It is important to know the signs of a heart attack, and if you witness one, to call 911 and administer CPR if necessary. At WNY MEDICAL, we are happy to help raise awareness about this and other ways that our community can stay healthy. We gladly provide you with services such as in-house heart (cardiac) workups, in-house pain management services, in-house equipment for lung capacity testing, and assistance with the prevention and treatment of diabetes, high blood pressure, and stroke. Located at 4979 Harlem Rd, we are currently taking new patients.

Please call (716) 923 - 4380 for an appointment.

# RECIPE OF THE MONTH

## Hasselback Caprese Chicken



### Ingredients

- 2 boneless, skinless chicken breast
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 medium tomato, sliced
- 3 ounces fresh mozzarella halved and sliced
- 1/4 cup prepared pesto
- 8 cups broccoli florets
- 2 tablespoons extra-virgin olive oil

### Directions

#### Step 1

Preheat oven to 375 degrees F. Coat a large rimmed baking sheet with cooking spray.

#### Step 2

Make crosswise cuts every 1/2 inch along both chicken breasts, slicing almost to the bottom but not all the way through. Sprinkle chicken with 1/4 teaspoon each salt and pepper. Fill the cuts alternately with tomato and mozzarella slices. Brush with pesto. Transfer the chicken to one side of the prepared baking sheet.

#### Step 3

Toss broccoli, oil and the remaining 1/4 teaspoon each salt and pepper in a large bowl. If there are any tomato slices left, mix them in. Transfer the broccoli mixture to the empty side of the baking sheet.

#### Step 4

Bake until the chicken is no longer pink in the center and the broccoli is tender, about 25 minutes. Cut each breast in half and serve with the broccoli.

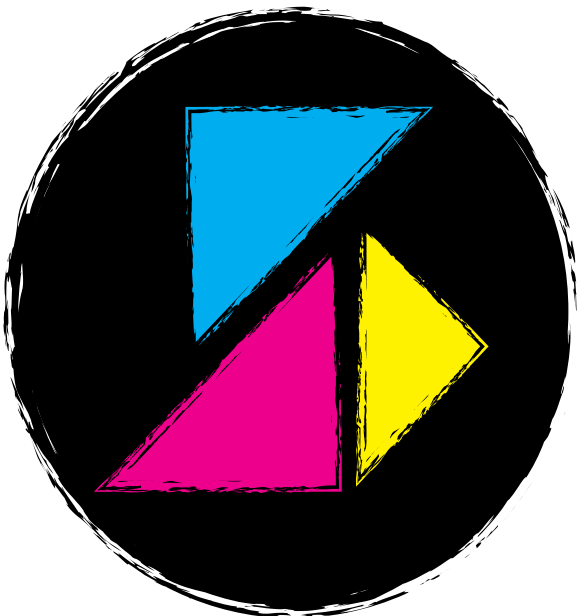


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FALL

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WINTER



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