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FREE
August 2017

**Four Benefits of
Vaccinations**

**Stock Tip of
the Month**

**Four Great Ways to
Brighten Your Day**

Health, Wealth, & Happiness

Immunization Awareness Issue

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Our Mission

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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Your Health, Wealth & Happiness

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Vaccinations: An Overview

By Saleha Mallick

From the earliest vaccines for smallpox to more recent vaccines targeting the human papilloma virus (HPV), immunization by means of vaccination has revolutionized disease prevention in medicine. The worldwide elimination of the devastating disease, smallpox, by its vaccine and others have effectively making certain cancers preventable through the HPV vaccine.

Vaccination is the injection of a product that is meant to induce immunity in a person. Depending on the vaccine, this can be a weakened or dead virus or a bacterial byproduct. A bacterial byproduct is the part of the bacterial cell that is used to make pharmaceutical products. An example of these products include antibiotics. Immunization is the process by which the body creates protection against a disease. This can occur via exposure to the disease itself or via vaccination. In the case of vaccination, the injected material causes the activation of blood cells that then create antibodies for long-term defense.

These antibodies are able to come into action if the person is ever exposed to that virus or bacteria in the future. Most vaccines require multiple doses for immunization to occur.

Unlike in natural infections that cause a full response from the immune system, vaccines elicit a low-level response. Thus, the body needs multiple exposures to the viral or bacterial elements to create an appropriate immunity. Some vaccines may require a booster shot later in life to bring waning immunity back to a steady level. This is why it is important to complete full vaccination series as children as well as receive timely boosters as adults.

For more information on types of vaccines and how they work, visit the Center for Disease Control (CDC) website for additional information.



Depression is Real & Should Not be Ignored

By Katy Siwinski

Do you have a loss of interest or pleasure in your activities? Do you have trouble sleeping at night, leaving yourself constantly exhausted? Do you have trouble concentrating, or thoughts of suicide? If you experience these symptoms on most days for 2 weeks or longer, you may be suffering from some type of depression.

Depression is real and should not be brushed off like a gathering pile of dust on the floor. It has recently shown controversy within music industry. Singer Chester Bennington from the American rock band Linkin Park recently committed suicide. Chester suffered from depression for many years, and was not afraid to express those feelings in his lyrics, "And I know, I may end up failing too. But I know you were just like me with someone disappointed in you." Other lyrics include, "I tried so hard and got so far. But, in the end, it doesn't even matter." Linkin Park recently put out new music that expressed a transition in sound and emotion. Bennington sings, "I keep dragging around what's bringing me down. If I just let go, I'd be set free. I'm holding on, why is everything so heavy?" Is this a cry for attention, or is this a sign that he's ready to end his depression forever?

People tend to think that celebrity lives are high and mighty. That is not always the case. Celebrities are normal people, just like you and me. They go out shopping with friends, and hang out at local coffee shops. They suffer from physical and mental illnesses, just like everyone else. Bennington was a beautiful musician with amazing talents, whom suffered a long stream of depression. His death should be a sign for us to pay attention to these signs and symptoms.

There is no shame in seeking help to find your true happiness within. You are not alone in this fight, there are many others who suffer from the same illness. Depression can be fought through various forms of therapy and medication. Writing and journaling is a strong method for expressing feelings, too. Chester took advantage of this technique with his powerful lyrics. Do not be afraid to ask for help, because somebody else out there knows exactly what you are going through. Even at the worst points of suffering, you can always bring yourself back to reality. If you or someone you know is having thoughts of suicide, call the 24 hour National Suicide Prevention Lifeline at 1-800-273-8255.

immunization



Immunization currently prevents between 2-3 million deaths every year

More children are being immunized worldwide than ever before; 116 million children worldwide receive basic vaccines every year

116
MILLION



Vaccines protect against 26 diseases and help limit the spread of antibiotic resistance by preventing diseases in the first place

Vaccines cause 'herd immunity' which means if the majority of people in a community have been vaccinated against a disease, an unvaccinated person is less likely to get sick



30 Millions Steps Reached in Local Walking Initiative

The Wellness Institute of Greater Buffalo

In the pursuit of improved health, longevity and positive economic benefits for Erie County and the WNY community, the Wellness Institute of Greater Buffalo and its partners have already completed 60 percent of its 2017 50 million step goals. Currently, 30 million or more steps have been recorded since January of 2017! This is the Wellness Institute's fourth annual "Walking to Wellness" Initiative, which was recognized by the NYS Dept. of Health as a community of "best practice" in 2016. This year's goal is to reach 50 million steps with the help of local organizations and events. To date participants include the Buffalo Niagara Medical Campus "Walking on Wednesday," Winter wellness walks at local malls, Downtown Buffalo walking series with the Buffalo Niagara Visitor Center, Amherst YES events, Delevan Grider Community Center walks, participants in Refresh Magazine's support of National Walk at Lunch Day (4/26/17) and the Sunday morning Reflective walks series held at Hoyt Lake.

The Wellness Institute is collaborating with other local non-profits including the P2 Collaborative of WNY Steps campaign and the EXPLORE BUFFALO educational walks to help foster more physical activity and strategic actions towards improving



health in our community. Phil Haberstro, Wellness Institute Executive Director, has branded walking as the grand slam of physical activity for its positive social, economic, environmental and health impact. The American Heart Association states that, walking briskly can lower your risk of high blood pressure, high cholesterol, diabetes, and reduced risk of coronary heart disease and stroke among other health benefits. Organizations interested in participating in this annual community wide and year round initiative or who have suggestions for improving walkability within our community, should contact the Wellness Institute by phone at (716) 851-4052 or by email at BeActive@City-Buffalo.org.

"Walk to be healthy, walk to be happy," Charles Dickens.

Four Benefits of Vaccinations

By Tehniyet Azam

According to Center for Disease Control, vaccinations are defined as the administration of antigenic material to stimulate an individual's immune system to develop adaptive immunity to a pathogen. There has always been a debate whether any one should be vaccinated or not. "Is it something that is helpful or is it just a way for the pharmaceutical companies to make money by scaring people with deadly diseases?" Here are a few examples of why vaccination is important.

- **Vaccines will help you live a healthy life:**

It is recommended that the moment a child is born and until adulthood, they undergo vaccination. From day one, they are protected from the diseases, such as Hepatitis A and B, Rubella Mumps and many others.

- **Vaccinatable diseases are not yet eradicated:**

There are diseases which are lethal and have been in the world for centuries. There might be very few cases but they still exist, such as polio and smallpox. These diseases will take the life of the patient or leave them disabled for life. In the recent years, more cases of Pertussis have been documented in USA. In many states like California and Illinois, if you are going to see a baby until they are 9 months the adults working with them

need to be vaccinated, so that the babies don't get it. It is one of the leading cause of death in babies born in those states.

- **Vaccines are safe and effective:**

Its a common myth that vaccination is dangerous and can cause the disease that one gets vaccinated for. This is not true, vaccines are amongst the safest medical products available. They will bring the cost and suffering of getting the disease down, even for diseases that can become lethal down the road.

- **Vaccines can prevent death:**

The vaccinations received at a young age can help prevent contracting a deadly disease. Meningitis, for example, can claim the life of a healthy adolescent within the period of 48 hours. Vaccination doesn't guarantee that it will not cause a death, but the chances of survival are lot more. Every child should be given a chance in life to not be susceptible to certain diseases and viruses.

* *Disclaimer: This is an opinion article. Please seek medical advise for any specific questions.* *

Stock Tip of the Month

By Timothy Kelheart

The Drum Corps Are Stepping Up!



ARE YOU?



The Wellness Institute of Greater Buffalo's **2017 50 Million "Walking to Wellness" Initiative** is adding 2.4 million steps from the 8 Drum Corps marching Sunday, August 6th!

Here's how you can help our community be healthier...

Join us!
Saturday, August 19th
9AM-12PM

for our Healthy Neighborhood workshop at the Hotel Henry. Admission is free but pre-registration is required.

716-851-4052

Saturday, August 26th
9AM-12PM

for REFRESH Magazine's Free Family Wellness Walk (10AM) & Fitness Fair in Ellicott Creek Park.

Everyone Invited!



For more info visit:
www.CreatingHealthyCommunities.org,
call 716-851-4052,
or email BeActive@city-buffalo.org

Some stock to consider investing in outside of 401k plans would be stocks in the military industrial complex like Boeing (NYSE: BA) and Lockheed-Martin.(NYSE: LMT) Both have hefty defense contracts with The United States Government. Boeing is one of the hottest stocks of 2017 that is up 33 percent and it still isn't too late to purchase this stock and fly the skies with 747s as this stock continues its climb. It is important to note that while these two companies may be competitors it never hurts to bet on both sides of the coin.

Some stocks to avoid are fossil fuel companies mainly within the oil sector. Oil prices have tumbled in the last year and are trading at their lowest for the past 10 years. While some may argue that with the lower price of oil it is worth wild to buy low now and sell high later, but there are simply more stable companies in other sectors that you would be better off investing in.

Lastly, in the technology sector I would recommend investing in Twitter (NYSE: TWTR) as they just named a new financial executive and are looking more resilient in the digital realm with Snapchat (NYSE: SNAP) dropping roughly \$10 in stock value since their Initial Public Offering in March. Twitter unlike Snapchat has a platform that is not as easily mimicked; Snapchat on the other hand has been trampled on with Facebook's Instagram adding a story feature, face altering effects and abilities to edit photos with overlays, text, and filters. In addition to the problems of being copied by Instagram, Snapchat can easily lose their users to the platform that Instagram is building upon. Snapchat and Instagram will be competing for youth users for a long time when constantly release their latest and greatest updates to compete for their time and advertising revenue.

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



Savvy Shopper: Ibotta the Real Deal

By Canny Savanney

Going to the grocery store is like an Olympic sport. Things just seem to magically leap into the cart like they are pole vaulters. While at the finishing line the cashier rings up each item, sudden realization seeps in that the grocery budget is almost depleted running on mere fumes. Thus begins, the long journey of researching ways to make money while spending money. There are plenty of gimmicks to make money out there, it's just a matter of shifting through all the clusters of apps to find one that works best for you. Through the tip of a friend, Ibotta was discovered which aided the ravenous grocery budget energizing it once again.

So, what is this Ibotta? It is an app you can download on your smartphone that you can earn cash back on everyday purchases. The money you earn back can be transferred to a PayPal, Venmo account or sent in the form of a gift card. It has big retailers such as Wegmans, Wal-Mart, Tops, etc. that you can redeem deals at. Simply select products you purchase at

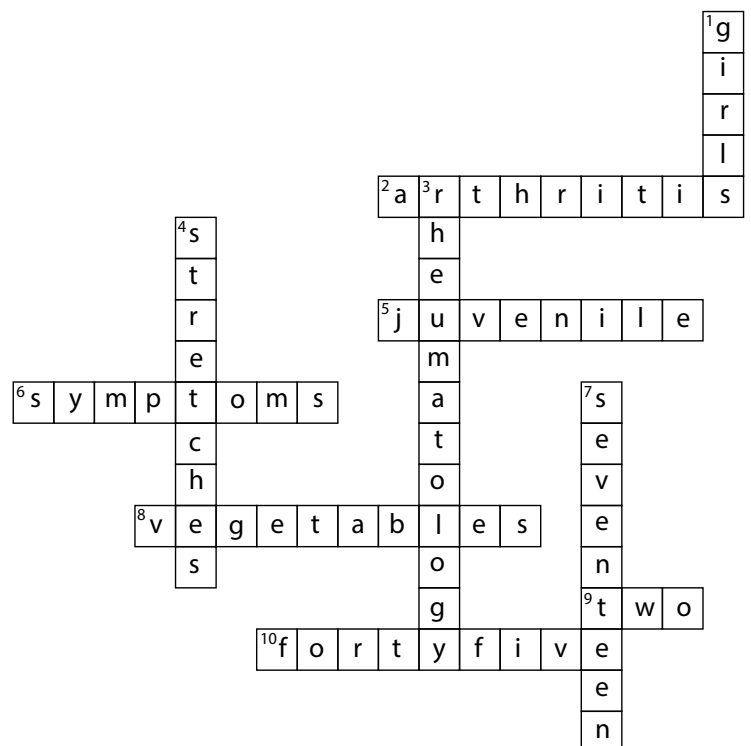
a retailer, scan the bar code and the receipt (follow any steps in between that the app might refer to) and viola you are all set! If you forget to look up the items you are going to purchase before you go shopping, simply click on the scan bar and scan the item you have. This will check if there is a deal at your current retailer location. There is a wide variety of opportunities to make money from this app including shopping online. Just make sure you open the app first and are shopping through the offer you selected. Soon you will be able to see the money come rolling back in. If you get friends to join too it generates teams for you and gives you a chance to earn even more.

Next time you are in the grocery store think twice about the opportunity to make some money back on what you are spending.

Stay tuned for more tips in next month's issue!



Juvenile Arthritis Crossword Answers



Four Great Ways to Brighten Your Day

By Daniel Gertis

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Everyone has days when they're feeling a little low and looking for something to lift their spirits. Thankfully, Buffalo is filled with activities just waiting to bring your daily dose of happiness. Here are a few ideas:

- Go for a walk or hike. From Canalside to Liberty Island to Niawanda Park, Buffalo is filled with scenic trails weaving through nature, city skylines, and suburban landscapes. For more advanced hikers, there are more adventurous and challenging trails like Zoar Valley, the Niagara Gorge, and Chestnut Ridge. See Step Out Buffalo for more information and trails. Plug in your headphones and pull up Spotify's "Confidence Boost" playlist, or use your own upbeat and positive music to complete your hiking experience with the perfect soundtrack.

- Read a book. Not everyone loves the outdoors, but through the power of a good book, you can go on an adventure without ever leaving your home. If you've already read everything on your bookshelf, take a stroll through Barnes and Noble and settle down in their café by the fireplace to start a new adventure. Or check out Pulp 716, a comic book café in Lockport where you can sip coffee and bubble tea while reading your favorite vintage comics.

- Take a coffee break. Speaking of coffee, why not settle down in a local coffee shop with your favorite latte or hot chocolate? You can spend some time alone or with friends, and the caffeine will give you an energy boost to help you through the rest of your day. Go mainstream at Starbucks, Tim Horton's, or Dunkin Donuts, or try someplace more unique like Spot Coffee, Daily Planet Coffee Co., or Caffe Aroma.

- Go for a photo shoot. Take a quick trip to the nearest beach, park, or city square and model your newest outfits for the camera. Or if you prefer, adjust the lighting and snap some selfies in the comfort of your own home. Get a new look for your social media accounts and spend time with your friends in the process. While you're at it, update your Facebook profile picture. Refreshing your online profiles is a great way to lighten the mood.

What are your hobbies? What do you do for fun? If you're stressed about something and looking for a little bit of happiness, do something you enjoy. It will get your mind off of whatever is upsetting you and help you focus on the positives in life.



Spiced Ratatouille with Coconut Grits

Ingredients:

1 medium eggplant • 3 tbsp. olive oil
2 small red peppers • 1 medium onion
3 clove garlic • 1 ¼ tsp. ground coriander
½ tsp. crushed red pepper • ¼ tsp. ground cinnamon
12 oz. summer squash • 2 medium tomatoes
2 tsp. red wine vinegar • 1 can coconut milk
1 cup old-fashioned grits

Directions:

1. Sprinkle eggplant with ¼ teaspoon salt. Let stand 20 minutes; wring liquid from eggplant with paper towels.
2. In a large saucepan, heat 2 tablespoons of oil on medium-high. Add eggplant; cook 5 minutes, stirring. With slotted spoon, transfer to bowl. To same pot, add peppers, onion, garlic, spices, and ½ teaspoon salt. Cook 4 minutes, stirring. Stir in squash, tomatoes, and remaining oil; cook for 10 minutes, while continuously stirring. Add eggplant. Let simmer for 10 minutes. Stir in vinegar and ¼ teaspoon black pepper.
3. Meanwhile, in 4-quart saucepan, heat coconut milk, 2 ¼ cups water and ½ teaspoon salt to boiling in medium-high. Slowly whisk in grits. Reduce heat to low; cover. Cook 27 minutes or until grits are tender, whisking often. Serve immediately with ratatouille.



August WNY Events

2017 Buffalo Walk to Defeat ALS:

August 5th at 9:30 AM to 1:30 PM at Coca-Cola Field in Buffalo, NY.

www.alsa.org.

ChalkFest: August 5th -6th at 12:00 PM to 6:00 PM

located between Mohawk and Chippewa Streets in Buffalo, NY.

www.chalkfestbuffalo.com.

Erie County Fair: August 9th -20th at 9:00 AM

to 10:00 PM at the Erie County Fairgrounds in Hamburg, NY.

www.ecfair.org.

Taste of Lockport: August 13th at 12:00 PM

to 8:00 PM at Ida Fritz Park in Lockport, NY.

For more information, please visit their Facebook page @ tasteoflockport.

Night Lights Music Festival 2017:

August 24th – 27th at 1:00 PM to 11:00 PM in Sherman, NY.

www.nightlightsfest.com.

The Maize: Starting August 25th at 10:00 AM

to 9:00 PM in Wheatfield, NY.

www.wnymaize.com.

Special Needs Takes on Buffalo Canalside:

August 27th at 3:00 PM to 6:00 PM at Canalside in Buffalo, NY. For more information, email

fantasticfriendswny@gmail.com.

Ongoing Events

Fitness in the Parks: Various FREE classes at

various locations throughout the summer.

For more information, please visit

www.independenthealth.com.

Riverworks and Outer Harbor: Visit these two

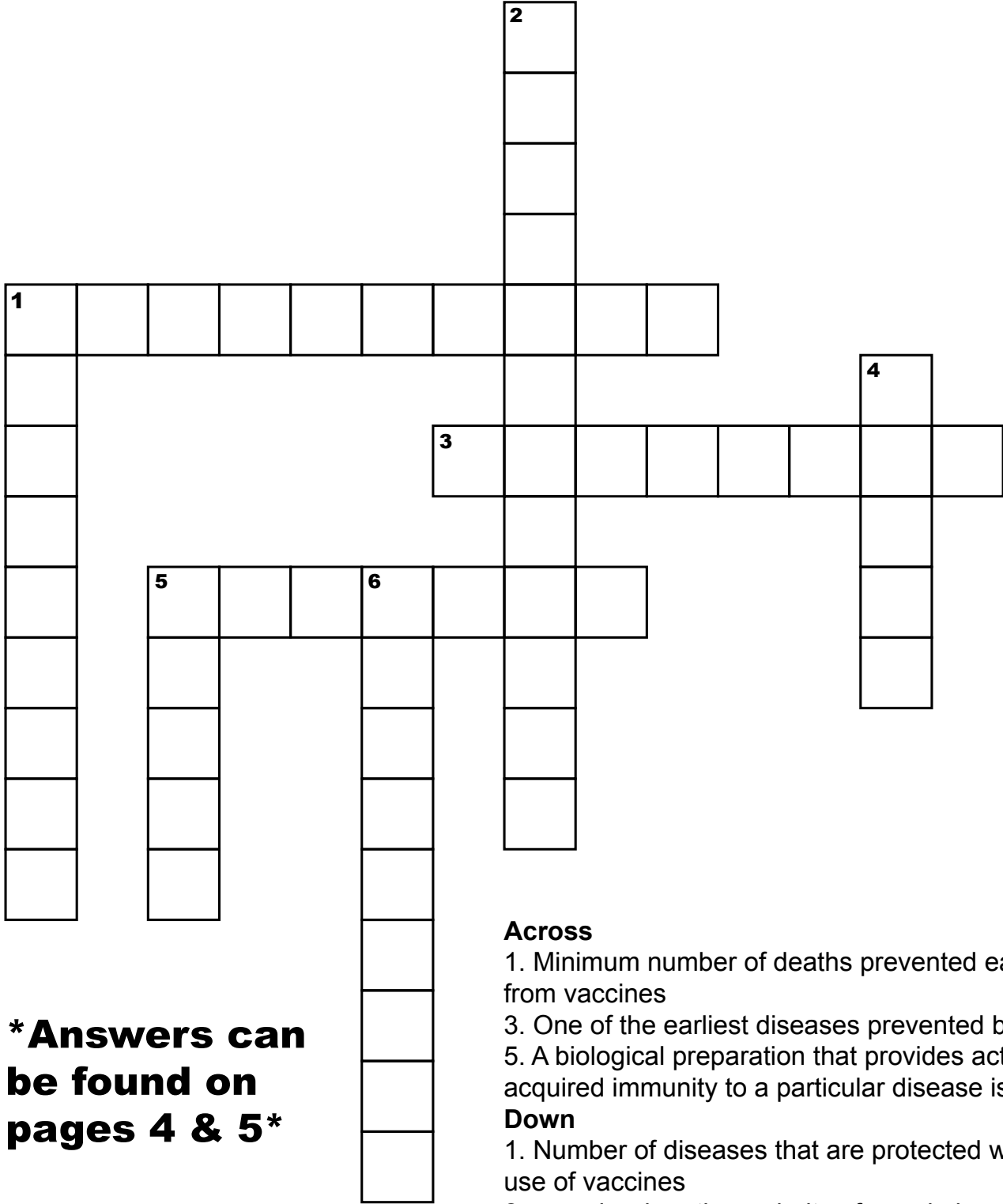
locations for various activities & events throughout the summer. Independent Health members receive

special discounts. For more information, please visit

www.outerharborbuffalo.com and

www.buffaloriverworks.com.

Immunization Awareness Crossword Puzzle



*** Answers can
be found on
pages 4 & 5***

Across

- 1. Minimum number of deaths prevented each year from vaccines
- 3. One of the earliest diseases prevented by vaccines
- 5. A biological preparation that provides active acquired immunity to a particular disease is _____

Down

- 1. Number of diseases that are protected with the use of vaccines
- 2. _____ is when the majority of people in a community are vaccinated, an unvaccinated person is less likely to get sick
- 4. Multiple _____ are needed for most immunizations to work efficiently
- 5. Vaccines consist of a weakened or dead _____
- 6. Time period when people should receive vaccines



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