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December 2017

**5 Helpful Tips for
Avoiding the Flu**

**Give the Gift
of Charity**

**...It's Time
to Spread
Good Cheer!**



Health, Wealth, & Happiness

Influenza Awareness Issue

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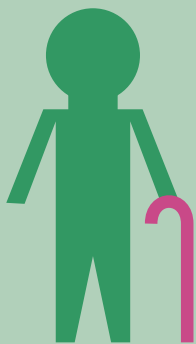
Our Mission

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.

Contents

Introduction	3
Influenza: Infographic	4
5 Helpful Tips for Avoiding the Flu	5
Causes & Effects of Influenza	5
It's Not Too Late to Vaccinate – GBUAHN recognizes Influenza Vaccination Week	7
Saving Your Holiday Blues	8
Give the Gift of Charity	9
New Credit Card Options	10
The Gift of Time	11
Reminiscing on Christmas Family Traditions	12
Oh the Weather Outside is Frightful, but the Activities Inside are Delightful!	13
The Holidays are Here and It's Time to Spread Good Cheer	13
Influenza Awareness Crossword Puzzle	14
December Events in WNY	15
Recipe Corner	15

INFLUENZA AWARENESS



OLDER ADULTS ARE MORE LIKELY TO BE INFECTED AND DEVELOP COMPLICATIONS FROM VACCINE-PREVENTABLE DISEASES

IMMUNITY FROM SOME VACCINES CAN DECREASE OVER TIME, BOOSTER DOSES ARE ENCOURAGED TO MAINTAIN PROTECTION

PNEUMONIA IS THE 5TH MOST FREQUENT CAUSE OF HOSPITALIZATION IN THE U.S.

THE FLU VACCINE CAN REDUCE RISK OF ILLNESS IN THE U.S. POPULATION BY APPROXIMATELY 60%

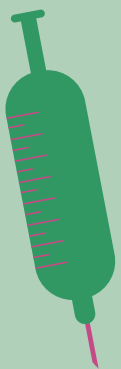
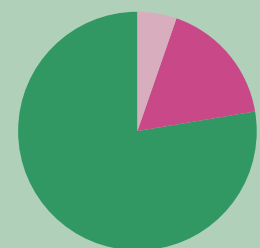
**EACH YEAR:
5-20% OF THE U.S.
POPULATION GETS THE FLU**

**55,000 TO 431,000 FLU CASES
LEAD TO HOSPITALIZATION**

**VACCINE-PREVENTABLE DISEASES OR THEIR
COMPLICATIONS ACCOUNT FOR 50,000 TO
90,000 ADULT DEATHS IN THE U.S.**



60%



5 Helpful Tips for Avoiding the Flu

By Tehniyet Azam

According to the Center of Disease Control, the flu attacks the lungs, nose, and throat of its victims. Young children, older adults, pregnant women, and people with chronic disease or weak immune systems are at high risk for infection.

Common symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches, and fatigue.

The flu is treated primarily with rest and plenty of fluids to let the body fight the infection on its own.

5 Tips to Avoid Influenza:

1. Avoid close contact: Try to stay away from people who are sick. Their germs can get to you very easily. If you are sick yourself, try to stay away from people who are healthy. Your germs can be transferred to them through a sneeze, hand shake and through the air. We should be considerate and stay at home if we are sick so that we are not spreading our germs to healthy friends and coworkers.

2. Avoid touching your face: When you have the flu try avoiding rubbing your eyes and touching your nose and mouth. This is how hands get contaminated with influenza germs and so

forth we can transfer our germs to others via a hand shake and alike. Healthy individuals can then get the flu if they rub their eyes or touch the mouth and nose with their contaminated hands.

3. Keep your hands clean: Whenever you sneeze, or cough cover your mouth and then wash your hands right away so that you are not transferring your germs to others. Also, if you are scared that someone else might have transferred their germs to you, wash your hands and face to kill the germs and avoid the flu.

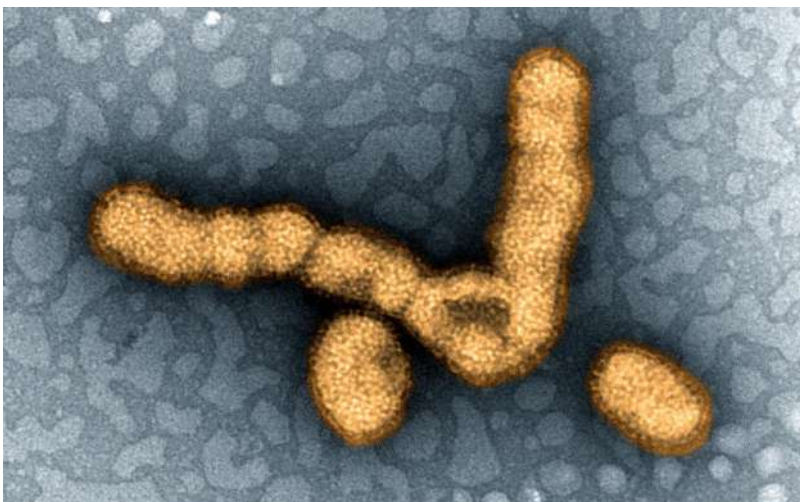
4. Practice good habits: Leading a healthy lifestyle will help prevent the disease. Drink lots of fluids, keep your mouth covered when coughing, maintain an active lifestyle, and managing your stress levels can be a few things to prevent the flu. If you do get the flu cleaning and disinfecting the surfaces at home, work and school can be helpful, and you can prevent others from getting sick.

5. Get Vaccinated: During the flu season you should make sure to get vaccinated for this infection. This will help build your immunity against the influenza virus and will protect you from contracting the disease.

Causes & Effects of Influenza

By Shahneel Ahmed

The flu is a contagious viral infection that can spread through the air in droplets when someone with the infection coughs, sneezes, or talks. One can inhale the droplets directly, or the virus can be picked up from an object or surface, such as a telephone, or doorknob, and the virus can be transferred to the eyes, nose, or mouth where it can enter the body.



Flu viruses are most common during the Fall and Winter. Common symptoms include fever (101-102 degrees Fahrenheit), muscle/body aches, chills, and tiredness. These symptoms usually come on quickly. You may be able to pass on the flu to someone else before you know you are sick. People who have the flu are usually most contagious during the first 3-4 days after their symptoms begin. Some adults may be contagious from one day before symptoms develop to 5 to 7 days after becoming sick. Young children and people with weakened immune systems might be able to infect others for even longer.

People infected with the flu virus can spread it to others up to about 6 feet away. The best way to prevent the flu is by getting the annual flu vaccination. The vaccine is currently available as an injection and contains protection from three to four flu viruses that are expected to be the most common during that particular year. The flu vaccine; however, is not 100 percent effective. Washing your hands and containing your coughs and sneezes can help reduce the spread of the flu. Furthermore, those sick with the flu should stay home and away from others as much as possible to prevent the spread of the Influenza virus.

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It's Not Too Late to Vaccinate – GBUAHN recognizes Influenza Vaccination Week

By Julie Doerr, GBUAHN Public Relations



The Greater Buffalo United Accountable Healthcare Network

December 3 -9, 2017 is National Influenza Vaccination Week, and the Greater Buffalo United Accountable Healthcare Network (GBUAHN) wants to let the public know that it's not too late to vaccinate. At this time of the year, people may think it is too late to get a flu vaccination, but the Centers for Disease Control (CDC) recommends that flu vaccination efforts continue throughout the entire flu season.

"Flu season often peaks between December and February, but activity can occur as late as May," says Dr. Raul Vazquez, chief executive officer of GBUAHN. "At GBUAHN, we are encouraging people who have not yet been vaccinated this season to get vaccinated now."

It takes about two weeks after vaccination for the antibodies that fight the flu virus to develop in the body, so it's best to get a flu shot early.

For many people each season, the flu means a fever, sore throat, cough, runny or stuffy nose, muscle aches, fatigue and miserable days spent in bed. Millions of people across the U.S. get sick, hundreds of thousands are hospitalized and thousands to tens of thousands of people actually die from the flu each year.

The CDC recommends a yearly flu shot for everyone six months of age or older as the first and most important step in protecting against seasonal flu viruses.



Some people are at high risk for serious flu-related complications that can lead to hospitalization and even death. People at high risk include pregnant women, children younger than five, people 65 years of age and older, and people who have certain medical conditions, such as asthma, diabetes, and heart disease. For those at high risk of serious flu complications, getting a flu vaccine is especially important.

"Getting the flu vaccine is simple, and it's the most important thing you can do to protect yourself and your family from the flu," says Dr. Vazquez. "Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of seasonal flu vaccines."

Flu vaccines are offered in many locations, including doctor's offices, health departments, pharmacies, health centers, and travel clinics, as well as by many employers and schools. So, next time you see a sign that says, "Get Your Flu Vaccine Here," stop in and get one, and encourage your friends and family to do the same.

A graphic advertisement with a red and green background and a blue border. At the top, the word 'YOUR' is in a grey speech bubble. Below it are three circles containing the letters 'H', 'W', and 'H' in white. The text 'Have a Business? PLACE YOUR AD HERE!' is written in white. Below that is 'Contact Us Today!' in white. At the bottom, the address '4011 Bailey Avenue Amherst, NY 14226', phone number '716-362-7849', website 'www.YourHWH.com', and email 'submit@YourHWH.com' are listed in white.

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Saving Your Holiday Blues

By Canny Savanney

So, your finances are a bit tight this year and you still need to get your holiday gifts? Fear not, here are some tips to make your holiday shopping easier.

1) Make a homemade gift:

Nothing says it is “made with love” more than a homemade gift. If you find that you have a few extra hours after work put that time to valuable use by making something for your loved ones. Next time you’re outside on a walk collect some pine cones or buy some at the store and get crafty! Need some ideas? Check out Pinterest, it’s filled with numerous great ideas! Some examples include a pinecone wreath, or even things like a hedgehog pinecone.

2) Buy an Etsy gift:

If you do not have the time or ability to make homemade gifts, then contribute to some local artisans and help their small businesses grow. It is still the thought that counts behind purchasing that homemade gift.

3) Make a basket:

There are a lot of great stores where you can get stocking stuffer items for a great deal throughout the holiday season. Sometimes a few of the small items can make the greatest gifts of all by showing them that you know what they like. Make it

even more special by making them a personalized card that they will treasure!

4) Make a Coupon Book:

So, you may not be able to get your loved ones everything on their list for the holidays and that’s okay! The holidays bring up many unplanned costs. Getting a little crafty with some colored paper can save you money and gives them a gift that lasts throughout the year! But remember, all good coupons have expiration dates and don’t make a coupon you wouldn’t want them to redeem.

5) Bake something:

When in doubt, stick with the classics. You can never go wrong with homemade baked goods. Make them their favorite dessert! Or try making something festive like a gingerbread man or some cut out cookies you can decorate by hand. It’ll show that you put in a little more effort to make their gift and that you baked love into their culinary treat.

Gifts are always nice for the holidays, but the holidays are always merrier when you spend them with those you love. Remember sometimes the best gift of all is just spending quality time with those you do not get to see all the time. Happy holidays from your favorite savvy shopper!



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Give the Gift of Charity

By Matthew Brooke

Give the gift of charity, take some time this holiday season to be selfless and help a fellow person!

There are many ways to give and it doesn't have to cost you anything but your time; your time could make someone's day!

One of the nicest ways to give the gift of charity is to volunteer your time and companionship to the elderly in nursing homes and long term care. Spreading holiday cheer while talking and learning from the elderly is a great way to spend your time and gives the best gift to those hidden from the world, attention. One organization that is focused on this is Compee, at www.compeerbuffalo.org. In addition to becoming a companion for seniors there are additional opportunities to be a Compeer friend for kids, adults, and military service members and their families.

Another great way to gift of charity is to buy gifts for the needy. The Western New York area has a homeless population that has to brave the freezing temperatures of winter and could use your assistance during this harsh season. Buy a homeless person a nice set of gloves, a hat or if you are feeling more generous, a winter coat. No one should have to freeze in the cold. With your generous donation you can save lives and prevent illness to those who are in the most need of assistance.

Donations can be received at the Buffalo City Mission at 100 East Tupper Street Buffalo NY 14203 or at their thrift store located at 510 Dick Rd Depew NY 14043 in the Dick-Urban Plaza.

Grab a friend or get the whole family involved this holiday season and improve your neighborhood and give the gift of charity!

For more volunteering opportunities to learn how you can give the gift of charity this holiday season please visit www.volunteerwny.org for various opportunities throughout the Western New York area.





Sonya Noor, MD, FACS

Talk to Experts in Circulation

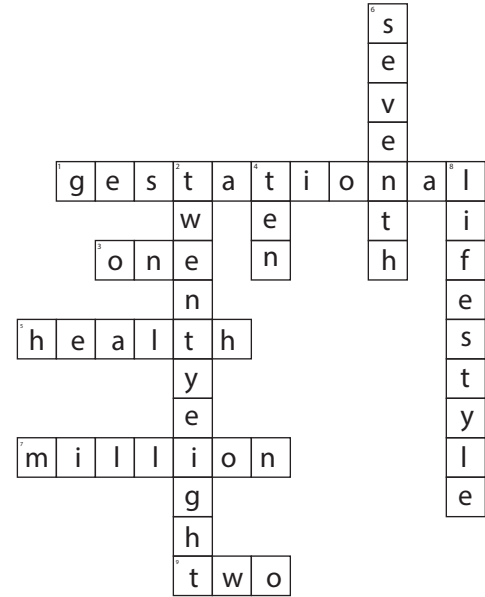
- Abdominal Aortic Aneurysm
- Peripheral Arterial Disease (PAD)
- Deep Vein Thrombosis (DVT)
Pulmonary Embolism (PE)
- End State Renal Disease/CKD
 - Fistula/Graft Placement
 - Plasty/Stent Placement
 - Carotid Artery Disease
 - Varicose Veins



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4600 Main St, Suite 100, Snyder, NY 14226
Phone: (716) 859-3301

Diabetes Awareness Crossword Puzzle



How did you do?
Check your answers here!

New Credit Card Options

By Webster Tilton

You can't get much done without a line of credit. We all need it, and we're all concerned about maintaining and improving our credit rating however we can. So it is useful to know when you should and shouldn't apply for a new card. What factors make now a better time than later, or vice versa? Without this information you won't know how to make an informed choice. Here are a few things you should know:

1. Timing is important, but it all depends on you. It turns out that there isn't a particular time of year which is better or worse for applying for credit cards. What you need to be worried about is how much time has passed since the last time you applied. Each application produces what is called a 'hard inquiry' to your credit rating, and too many too quickly can lower your score.
2. You should also avoid having a lopsided 'debt to credit ratio'. What this means is, don't apply for a new card right after you've taken on a considerable debt like a home loan. You might qualify, but you'll get a much worse deal than you would if you waited until you'd made five or six payments and established that you are a good risk to lenders.
3. Lastly, keep your eyes open and pay attention. Credit card



companies oftentimes come up with attractive offers that you should look into. The problem is that these offers are impossible to predict and some of them don't last very long. From time to time the Federal Reserve raises or lowers its interest rates, and this can drastically impact what kind of sign up offers the credit card will make.

In other words: the best time to apply for a new credit card is no less than six months after the last time you applied for a card or took out a loan. Once you are into that time frame start shopping the available deals. If you don't find one that works for you, keep checking. New deals arise all the time.

The Gift of Time

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

When I was a classroom teacher, parents often asked me what they could do to help their child at home. I always had two answers; read with your child and play games. Both of these activities teach children valuable foundational skills that they need to be successful students and, more importantly, productive adults. 'Tis the season to think about what to give the children in your life. The greatest gift you can give them is your time. Books and games are wonderful ways to spend time with your child while helping them academically and socially.

Board games are a great gift. You could get the classics that you played as a kid or one of the many new games that focus on cooperative play, where players work together to complete a task. Don't just give a board game, though. Take the time to sit down and play it with them. When you play games together, a child sees valuable life skills that you model. Learning how to take turns, problem solve, and how to be a gracious winner AND loser are just a few of these important life lessons. Game play is also linked to creative and critical thinking, which are the foundation of the 21st Century skills children need for future success in schools and the workplace.

Pick a book series that you and your child can read together. Start with picture books such as Curious George by H. A. Ray or the Froggy books by Johnathan London. When reading together look for similarities between the books' characters. Discuss if the main character says or does the same thing in each book. Making predictions and connections based on previous experiences and information is an important reading comprehension skill. Books with repetitive themes and characters are a great way for children to be introduced to both of these skills.

Once a child can focus their attention for 15 minutes or more, start reading chapter books together. A series such as Junie B Jones by Barbara Parks or Geronimo Stilton by Geronimo Stilton are a good introduction to the chapter book format. They are funny and relatable to young readers. Then move into longer more complex series such as Harry Potter by J. K.

Rowling. Reading aloud helps with vocabulary development, visualization and listening comprehension skills that are essential to becoming a proficient reader.

Children want most toys and games that are marketed to them, but all these toys, games, and books cannot replace a meaningful relationship with an adult. As you are looking at things to give, think about how those items can involve your time with them, because truly, that is the gift that keeps on giving.



EPIC
Every Person
Influences Children

Reminiscing on Christmas Family Traditions

By Oliver Clarke

Like many other children and grandchildren of immigrants, my family does Christmas a little differently. Ever since my Dutch grandmother Hendrika married my American grandfather Jim, we have celebrated Christmas twice, first on Sinterklaas Day, December 6th, and again on the traditional day, December 25th. We are the obnoxious neighbors who start hauling out the decorations immediately after Thanksgiving, or on one memorable year, after Halloween. As children, little was more fun than putting out our wooden shoes on the hearth, filled with grass and carrots for Sinterklaas' flying white pony; filled with anticipation for the next morning, my brother and I knew that the pony snacks would be gone and be replaced with silly riddles that had us giggling and hunting all over the house for candies.

Of course, Christmas was a more elaborate affair. On Christmas Eve, my family would have a special dinner together, open one present each to heighten anticipation for the rest, and set out milk and cookies for Santa Claus... Nothing for his reindeer, unfortunately. On Christmas morning, our parents learned that if we were allowed to dive into our candy-filled stockings first thing in the morning, they would be spared an early wake-up call. After we had sufficiently gorged ourselves on candy, the floor littered with shiny wrappers, my parents would finally get up, and we would have fresh-baked cinnamon rolls for brunch. At this point, the very peak of our sugar high, we each took turns tearing into our presents.

After we cleaned up the living room of ripped wrapping paper, my mom would prepare two of her family-famous pies while my brother and I played with our new toys, excited to continue the festivities at our grandparents' house as soon as the pies were put together. I can still taste my Nama's spinach salad, roast beef, mashed potatoes and gravy, and of course, the clove sweetness of her show-stopping pickled beets (yes, really!).

Now, the holidays are a little less intense in their sugar-fueled, technicolor vibrancy than they were when I was a child, and instead of hunting for treats, we just buy stroopwafels and boterkoek and call it a day. I may not have my mother's baking talent, and I've never been able to perfectly reproduce my Nama's pickled beets, no matter how many times she explains them. But still, if I have children one day, I want to give them the best double Christmas holiday season I can, just like my family did for me.



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Oh the Weather Outside is Frightful, but the Activities Inside are Delightful!

By Gabrielle Darling

When the weather turns frightful what can you do that's delightful? Buffalo is a city of winter and although we have plenty of skiing, skating, and tobogganing, we also have winter indoor fun. We have a variety of indoor farmer's markets, a festival of lights and holiday spirit, and for a look to the past there's always Yuletide in the Country.

Some of these occasions are indoor-outdoor activities. The majority of these events take place in buildings, but you may have to walk between them so dress appropriately. We're known for our snow and cold!

Buffalo hosts a variety of farmers markets in the summer, but they don't stop when the snow begins to fall. Many markets have taken to renting community centers and churches during the harsh winter months. They offer a variety of produce, handmade soaps and candles, and delicious treats for the holiday season. What better gift than something hand crafted?

Just South of Buffalo you'll find the Festival of Lights located at the Hamburg Fairground. This event is fun and delightful for the whole family. Not only are there beautiful light shows featuring your favorite holiday characters, but Mr. and Mrs. Claus also make an appearance to spread holiday cheer. After you meet the famous couple you can visit craft booths, a special holiday magic show, and much more!

An hour outside of Buffalo is Mumford, which houses a historic village with individuals living in the year 1849. All events are based on 19th century writing and includes a night and day tour. Witness the past and celebrate in the present, enjoy the fun and beauty of history. If you're willing to drive back in time, it's definitely worth it!

Wintertime makes for great family time and the right activity can make your season spectacular. Check out what Buffalo has to offer this season. Sometimes the weather is frightful, but the fun is always delightful.

The Holidays are Here and It's Time to Spread Good Cheer

By Lauren Antkowiak

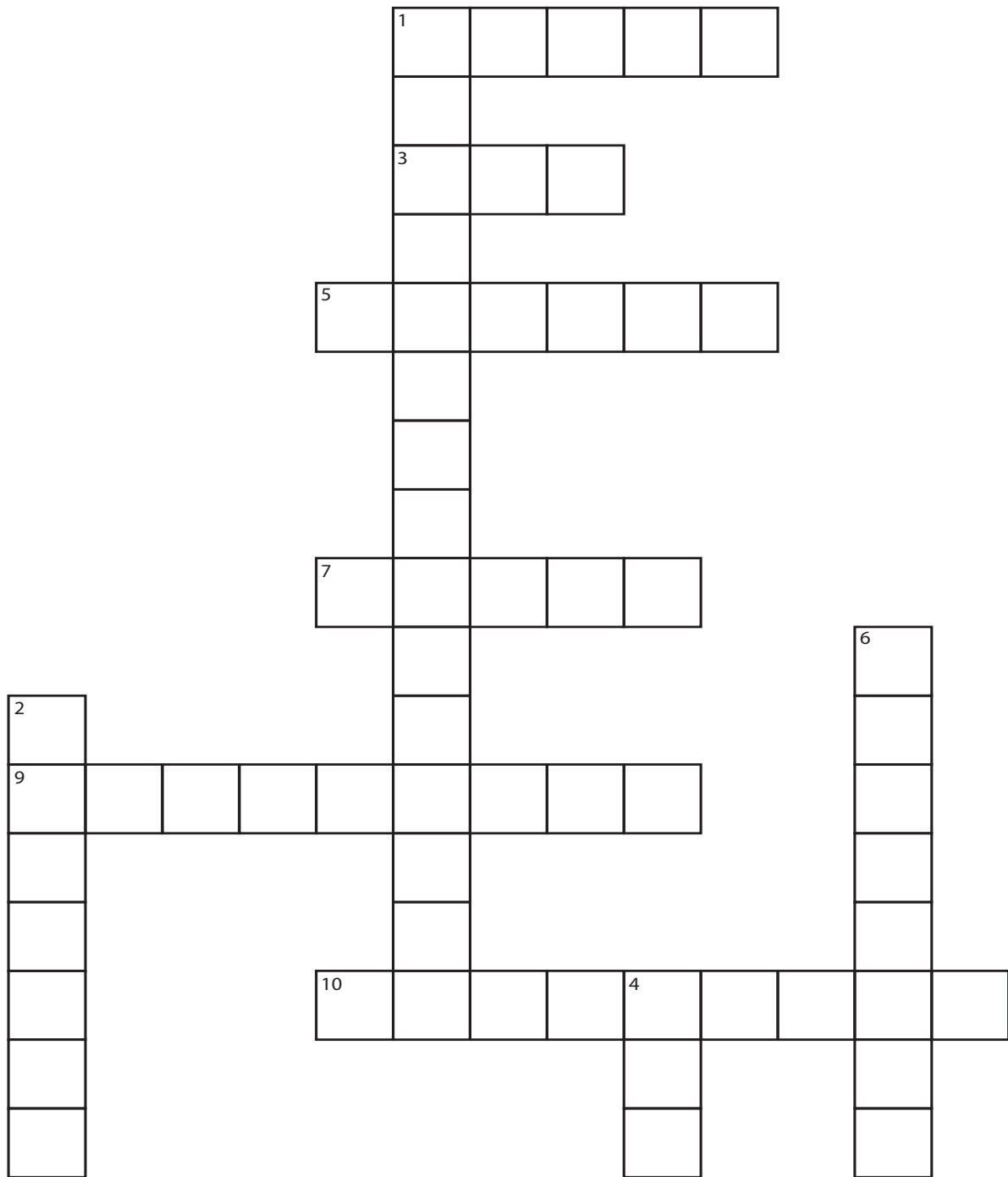
The holidays are upon us and during this time it is very easy to get caught up in the logistics of it all. You think you must get that perfect gift for someone, or have the best decorated tree, or host your holiday dinner without any problems. People tend to go a little crazy during this time of year and forget about all the wonder and joy of the holiday season. Here are a few simple ways to get back into the holiday spirit and spread some seasonal cheer!



One of the best ways to get into the holiday spirit is by thinking of others. While you are waiting in that long coffee line, take that opportunity to spread some cheer by buying coffee for the person behind you in line. Not only will you improve their day, that person may just follow your example and spread that cheer to the next person in line. Remember that the holiday season can be a challenging time for those that are away from their families. Keep those people in mind by sending holiday cards to troops overseas or to your local nursing home. A holiday card could really mean the world to someone. Show your neighbors how important your community is to you by forming a volunteer group to help others that need assistance with the snow when the wintry weather blows through. Shovel their driveway, help them with grocery shopping, and make sure they don't spend the holiday alone. Nothing spreads cheer like knowing you have people who are willing to take time out of their day to help you. Shopping has become synonymous with the holidays. This year instead of spending time in stores, spend that time making presents with your family. Giving someone a handmade gift will show them how much you truly care and appreciate them.

Everyone spends many months shopping and preparing for the holidays, only for it to be gone in a blink of an eye. Take some time this year to slow down and enjoy the holidays. Find ways to make it extra special with a dose of holiday cheer.

Influenza Awareness Crossword Puzzle



Across:

- 1) Keeping your _____ clean prevents the spreading of germs.
- 3) It is recommended to get the flu vaccine for everyone ____ months or older.
- 5) Flu viruses are common during fall and _____.
- 7) Influenza is a contagious _____ infection.
- 9) The flu vaccine is not 100% _____.
- 10) _____ is the 5th most frequent cause of hospitalization in the U.S.

Down

- 1) 55,000-431,000 flu cases lead to _____ every year.
- 2) When sick, stay away from people who are _____.
- 4) Flu activity can occur as late as _____.
- 6) _____ from some vaccines can decrease over time.

December WNY Events

JoAnn's Classical Christmas: December 8th at 10:30 AM at Kleinhans Music Hall in Buffalo, NY. For more information, please visit www.bpo.org.

Jingle Bell Jam: BlueCross Blue Shield BPO Kids: December 10th at Kleinhans Music Hall at 2:30 PM in Buffalo, NY. For more information, please visit www.bpo.org.

Trans Siberian Orchestra: December 16th at 3:00 PM & 8:00 PM at the Keybank Center in Downtown Buffalo, NY. For more information, please visit keybankcenter.com.

Independent Health Foundation's First Night Buffalo: December 31st from 5:00 PM to 10:00 PM at the Buffalo Convention Center in Buffalo, NY. For more information, please visit firstnightbuffalo.org.

New Year's Eve Buffalo Ball Drop: December 31st from 10:30 PM to 12:00 AM at the Electric Tower in Roosevelt Plaza in Downtown Buffalo, NY.

Ongoing Events

The Polar Express: Various dates all month long at 11:00 AM to 7:00 PM at the Medina Railroad Museum in Medina, NY. For more information, please visit www.medinarailroad.com.

The Ice on Canalside: All month long at various times at Canalside in Downtown Buffalo, NY. For more information, please visit canalsidebuffalo.com.

Fairgrounds Festival of Lights: All month long from 5:00 PM to 9:00 PM at the Hamburg Fairgrounds. For more information, please visit the-fairgrounds.com/festival-lights/.

Recipe Corner

Hearty Vegetable Beef Stew

Ingredients:

- 2 pounds boneless beef chuck roast, trimmed and cut into 1-inch cubes
- 12 ounces tiny new potatoes, quartered
- 4 medium carrots, cut into ½ inch pieces
 - 1 medium onion, cut into wedges
 - 1 (10.75 ounce) can reduced-fat, reduced-sodium cream of mushroom soup
 - 1 cup reduced-sodium beef broth
- 1 teaspoon dried marjoram or dried thyme, crushed
 - 2 cups frozen cut green beans

Directions:

1. Coat a large skillet with cooking spray; heat over medium-high heat. Trim any fat from beef cubes. Add half of the beef cubes. Cook and stir until brown; remove from skillet. Add the remaining beef cubes; cook and stir until brown. Drain off any fat.
2. Place meat in a 3 ½ or 4-quart slow cooker. Add potatoes, carrots, onion, cream of mushroom soup, broth, and marjoram. Stir to combine.
3. Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4 ½ hours.
4. If using low-heat setting, turn cooker to high-heat setting. Stir in green beans. Cover and cook about 30 minutes more or just until beans are tender.





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