

**YOUR**

**H**

**W**

**H**

**FREE**

YourHWH.com  
November 2017

**Family Traditions**

**Things to be Grateful For**

**Diabetes: What You Should Know**

**Health, Wealth, & Happiness**

Diabetes Awareness Issue

# Quality Care

You Can Count On



**WellCare takes great care in understanding the things that matter to you. Our affordable Medicare Advantage plans are designed with you in mind to help you save money. Choose a WellCare Plan, and enjoy coverage and service **You Can Count On.****

 **\$0 OR LOW MONTHLY PLAN PREMIUM**

 **VISION & HEARING COVERAGE**

 **MANY DOCTORS TO CHOOSE FROM**

 **MORE Savings**

 **MORE Coverage**

 **MORE Access**

1-716-846-7901 (TTY 711)  
9 a.m. – 5 p.m. | Monday - Friday  
[www.WellCareNow.com](http://www.WellCareNow.com)



WellCare (HMO) is a Medicare Advantage organization with a Medicare contract. Enrollment in WellCare (HMO) depends on contract renewal. 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/coinsurance may change on January 1 of each year. The formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary. You must continue to pay your Medicare Part B premium. Premiums, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. You may enroll in the plan only during specific times of the year unless you qualify for a Special Election Period (SEP) or Initial Coverage Election Period (ICEP). WellCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-877-374-4056 (TTY:711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-374-4056 (TTY:711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-374-4056 (TTY:711)。



**Editor-in-chief**  
Faizan Haq

**Executive Editor**  
Brittany Maxwell

**Copy Editor**  
Alexander Jasinski

**Contributors**  
Katy Siwirski  
Daniel Petrino  
Gabrielle Darling  
Julie Doerr  
Susanna Shenk

**Staff Writers**  
Lauren Antkowiak  
Matthew Brooke  
Timothy Kelheart  
Sue Perbody  
Tehniyet Azam  
Canny Savanney  
Shahneel Ahmed

**Graphic Design**  
*SunSpin Media*

**Published by**  
*SunSpin Media*



/YourHWH



/YourHWH



/YourHWH

To Reach Us:

**Advertising Department:** submit@yourHWH.com

**Calendar Submissions:** calendar@yourHWH.com

**Subscriptions:** subscriptions@yourHWH.com

**Editorial Submissions:** brittanym@yourHWH.com

## Advisory Board

**Philip L. Haberstro, Exec. Director**, Wellness Institute of Greater Buffalo  
**Dr. Sonya Noor, MD, FACS**, Buffalo Endovascular & Vascular Associates  
**Dr. Riffat Sadiq, MD**, President & CEO of WNY Medical  
**Dr. Joe Serghany, MD**, Western New York MRI  
**Raul Vazquez, MD, FAAFP**, Urban Family Practice

## Your Health, Wealth & Happiness

4011 Bailey Avenue | Amherst, NY 14226 | 716-362-7849  
 submit@YourHWH.com | www.YourHWH.com

The contents herein are the property of Your HWH and not that of the customer. Contents of this publication are covered by Copyright and offenders will be prosecuted under the law. Diligence is used in checking advertising copy for accuracy but no warranty is implied or given by the publisher. Advertisers and Your HWH are not responsible for typographical errors, mistakes or misprints.

@2017, SunSpin Media Productions. All rights reserved.  
 Reproduction in part or it whole without permission is prohibited.

# 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
Diabetes: A Personal Experience	4
Diabetes: Infographic	5
Breast Cancer Crossword Puzzle Answers	6
Diabetes: What You Should Know	7
5 Health Tips For Diabetics	7
Are Black Friday Sales Really a Deal?	8
Stock Tip of the Month	9
GBUAHN Nationally Recognized for Excellence in...	10
Things to be Grateful For	11
10 Weeks Down, a Lifetime of Learning to Go	12
Family Traditions	13
Diabetes Awareness Crossword Puzzle	14
November Events in WNY	15
Recipe Corner	15

# Diabetes: A Personal Experience

By Tehniyet Azam

According to American Diabetes Association, in 2012, 29.1 million Americans were diagnosed with diabetes. This includes all the types of diabetes. About 1.4 million Americans are diagnosed with diabetes on average each year. The number of Americans diagnosed increases every day. Some people are born with this disease while others get this disease due to their genetic history, their lifestyle choices or other preexisting conditions.

Sometimes people don't take diabetes seriously but it's one of the leading causes of death in the United States. It can cause disastrous problems if not treated properly. My cousin was one of them. She was 31 years old when she was diagnosed with diabetes. She was driving to see her sister and she had a car accident. We learned that she was having issues with her sight and she was keeping it hidden from everyone. Her cholesterol was through the roof. The doctor advised her to start eating healthier and to exercise. She did not take her doctor's advice seriously; she did not follow their advice and did not take the medication on time.

One day while at work she fainted and was taken to the ER. There they came to know that her high blood sugar had caused her to faint and she was diagnosed with Type

II diabetes. She was diagnosed with a disease that if not managed properly could cause her to leave her children motherless. It began to effect her kidneys. The doctor advised her that if she doesn't change her lifestyle she would be on dialysis or later need to get a kidney transplant. The doctors also told her about the possibility of amputations if she does not take this seriously. That was the turning point for her.

She became serious with her health routine and made sure that everything she did is up to date. She changed her lifestyle! Unhealthy carbs were thrown out. Proteins, fruits and vegetables were added to her diet. She lost around 35 pounds in 6 months because of her clean eating. She got it under control. She still has to take her medications because of the damage that is already done to her body but at least now she can enjoy time with her children and her husband. She goes out to eat a meal without being scared that she will end in the hospital because she controls her diabetes.

We need to take this disease very seriously and if we don't, it can claim your life. Our family and friends need us so we should take good care of ourselves and not ignore disease. This life is a gift, lets take very good care of it.

“  
**The number of people diagnosed increases every day.**  
”



# Diabetes

## Facts and Statistics

**30.3 million**  
people have diabetes  
(9.4% of U.S. population)

**23.1 million**  
diagnosed

**7.2 million**  
undiagnosed

**5% (~1.5 million)**  
cases are type 1

**90-95% (~28 million)**  
cases are type 2

**7th**

leading cause of death in the U.S.



**1 in 10**

American adults have diabetes



### The Percentage

of cases increases with age

**25.2%**

among 65 years or older

Cases expected to

**double or triple**

by 2050

**Over 1/3 (86 million)**

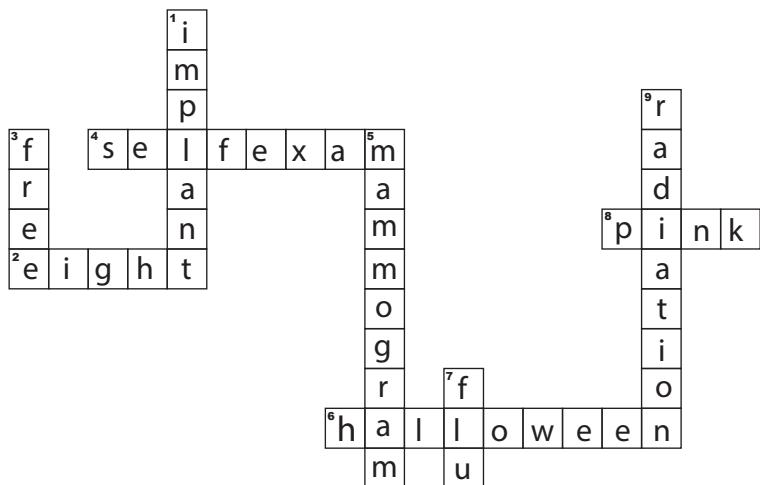
of adults have prediabetes

**90% (77.4 million)**

are unaware they have prediabetes

Sources:  
diabetes.org  
healthline.com  
cdc.gov

## Breast Cancer Awareness Crossword Puzzle Answers



How did you do?  
Check your answers here!

YOUR



Have a Business?  
**PLACE YOUR  
AD HERE!**

Contact Us Today!

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

## Dermatology at WNY Medical

WNY Medical PC Dermatology is proficient at diagnosing and treating common skin disorders, acne, eczema, and addressing general dermatological concerns.

We accept all medical insurance providers.

### Arcade

263 Liberty Street, Arcade, NY 14009  
585-492-4010

### Amherst

4979 Harlem Road, Amherst, NY 14226  
716-839-0500

### South Towns

3320 N. Benzing Road, Orchard Park, NY 14127  
716-825-0300



Youn Jea Kim



WNY MEDICAL, PC

Competence. Compassion. Collaboration.

Visit [wnymedical.com](http://wnymedical.com) for more information.

# Diabetes: What You Should Know

By Shahneel Ahmed

30.3 million adults in the U.S. currently have diabetes, and in the last 20 years, the number of adults with diabetes has more than tripled. Diabetes is a disease in which your blood glucose levels are too high. Glucose is your body's main source of energy and comes from the food you eat. When blood glucose levels rise after a meal, the pancreas releases the hormone insulin. Insulin helps muscle, fat, and liver cells absorb glucose from the bloodstream, lowering glucose levels. When your body doesn't make enough insulin or doesn't use insulin well, glucose stays in your blood and high blood sugar levels result in diabetes.

There are three types of diabetes – Type 1, Type 2, and Gestational. In Type 1 diabetes, the body does not produce insulin. The body's immune system mistakenly sees the insulin-producing cells in the pancreas as foreign, and destroys them. Those with Type 1 diabetes treat their condition by taking insulin injections. Type 1 diabetes is usually diagnosed in children and young adults and makes up only 5% of the diabetes cases. Type 2 diabetes is the most common form of diabetes. In Type 2, your body does not

use insulin properly. This is also referred to as insulin resistance. You can develop Type 2 diabetes at any point in your life, including childhood. However, it occurs most often in middle-aged and older people.

Some people affected with Type 2 diabetes can treat their condition with healthy eating and exercise. Others may need oral medications or insulin injections. Gestational diabetes develops in some women during pregnancy when their body is unable to make and use all the insulin it needs. Gestational diabetes usually goes away after birth, but increases your risk of developing Type 2 diabetes later in life.

“  
**Type 2 diabetes is the most common form of diabetes.**  
”

Over time, diabetes can lead to other health problems, such as heart disease, stroke, kidney disease, nerve damage, and eye, foot, and teeth problems. You can be at risk for developing diabetes if you are overweight, 45 years or older, physically active less than 3 times a week, and/or have a parent or sibling with diabetes. You can prevent and/or manage diabetes with simple lifestyle changes such as weight loss, healthy diet, and exercise.

## 5 Health Tips For Diabetics

By Lauren Antkowiak

A diabetes diagnosis can seriously affect your life and how you thought you would live it. However, once you get your diabetes under control, it doesn't have to be as big of a lifestyle change as you thought. These are 5 tips every diabetic should know to live a life that isn't controlled by your diabetes.

**1.) Make diabetes part of your daily life:** Monitoring your diabetes doesn't have to be inconvenient. Add it to your morning routine so you don't see it as its own separate thing. Make it so it's not something you have to think about, rather it's something you just do.

**2.) Plan your trip accordingly:** Before going on a trip, preparations are made. If you have diabetes it's no different. Make sure you have all your medications, you went for a recent check-up, and you have all your information written out in case of an emergency. Adding these few extra steps while planning takes a lot off your mind while on vacation and ensures you return home as healthy as when you left.

**3.) Don't let stress get the better of you:** Stress is one of the factors in high blood sugar. Dealing with stress is a daily occurrence for anyone, but it is especially unhealthy for those with diabetes. Find ways to reduce stress so you don't have both stress and your diabetes overwhelming, and controlling your life.

**4.) Look at the bigger picture:** People live with diabetes every day so you are not alone. It is possible to live a long and healthy life with diabetes; just believe you are going to be one of them and you'll be fine. If you start to worry that diabetes it will take over, stay positive and take some deep breaths.

**5.) Don't be ashamed of your diabetes:** When diagnosed with diabetes, people think it is something they have to deal with alone. Don't give in to that feeling by including your family and friends in your support system. Having others to talk to who are also aware of what to do in the event of an emergency relieves some of the pressure and responsibility. Control how you feel and what you do about your diabetes and soon you won't feel like it's something plaguing you all the time.

# Are Black Friday Sales Really a Deal?

By Canny Savanney

Each year the carnivorous market of department stores battle it out for you, the paying customer. People camp out the entire day of Thanksgiving or even earlier for the “greatest deals of the year!”. But are these ‘deals’ all that great? Think about it. How many times have you watched the television and have absent mindedly been subjected to a one day only sale commercial or weekend doorbuster promotion? Quite a few I would imagine. Sales are constantly being held by these department stores every weekend.

Here are some tips to get the best bang for your buck this holiday season!

## 1) The sales are the best after the major holidays

It's true! Most stores are ready to get rid of whatever they did not sell over the holiday season. They are gathering their products for their spring and summer collections. Sure, somethings may be picked over but at least you will get your item on a hot discount.

## 2) Online deals

Now a days, most people shop online in addition to in person. They are either too busy or just simply do not want to get caught in the maddening tight crowds of last minute holiday shoppers. Sometimes they offer free shipping after you spend

a certain amount. Deals you find on Cyber Monday can be steals, but make sure you have your shopping list all set and ready to order before you go into the office. No employer likes to see you shopping online while on the job (unless of course your job is ‘online shopper’).

## 3) Start Shopping as earliest as possible

You may be thinking, great I haven't even started. Don't stress! Just start when you can. If you see something you know would be perfect for someone and you can afford to buy it, then so do before the holiday madness, then buy it. Set it aside, somewhere where you will not forget it. Accumulating your gifts for everyone over the year will help you avoid breaking the bank at the end of the year. Making it possible to enjoy them even more.

The fuss of Black Friday may have been once a remarkable thing, but the truth is merchandisers are always going to have specials running for you. Make sure to compare the deals the weeks leading up to Black Friday. Sometimes, they have better deals before Black Friday. Either way make sure you take the time to enjoy the holidays with your family and make the best financial decisions so you start off the new year financially sound!



## COMPREHENSIVE CANCER SERVICES

Providing the Most Advanced Cancer Treatment Options for all Stages and types of Cancer, including “Untreatable”

### State-of-the-Art Technology and Services

Cancer Screening • Radiation Therapy  
Chemotherapy • Hematology  
Breast Surgery

Contact Us Today to Learn More —  
45 Spindrift Dr., Williamsville, NY  
716-810-9631  
[www.ccsoncology.com](http://www.ccsoncology.com)

# Stock Tip of the Month

By Timothy Kelheart

**EasyMed**  
Management Services

*Empowerment,  
Perserverance, Entrustment*

**Our Services Include:**

Claims Appeal  
Response to Patient Inquiries  
Submissions of Electronic Billing



**We Get Your Medical Billing Right!**  
[emmsus.com](http://emmsus.com) | 716-668-7633

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

With 4<sup>th</sup> quarter earnings depending on holiday sales it could be a good decision to hop on the band wagon before this spike in sales that drive up stock prices. Here are a few stock tips to increase your investments in.

Consumer confidence is higher than years past, allowing us to expect consumers like you and I to open up our wallets and insert our chip cards to spend more than previous years when people were less certain about the economy.

One of the big winners during the holiday season will be Amazon.com (AMZN). They will be able to increase sales during the holiday season with their big start on Cyber Monday. Shoppers already spend 50% of all online purchases on Amazon's website marketplace which could rise even higher as more households in the US have Amazon Prime accounts than landline phones. While not increasing at a sharp rate, online shopping is steadily taking a greater percentage of sales away from physical stores.

To handle this increase in online shopping within the Western New York area, Amazon recently opened a new regional warehouse within the Buffalo suburb of Lancaster on Walden Ave. This warehouse will not only bring close to 500 jobs to the area but also increase Amazon members' ability to get their orders sooner than 2 day shipping with more items being held locally.

When you invest in stocks it is usually better to invest in opposing options not only to prevent losses through offsetting results but it typically guarantees a win with one of the many diversified stocks you choose.

One of the big box stores that you should invest in to offset Amazon is Target (TGT). Target has had their ups and downs this year and are close to returning to their starting stock price of \$72 per share. I can see their stock increasing over \$72 after the holiday season. Their stock tends to show an increase at the end of the year in sales of higher quality goods offered by this department chain.

Walmart (WMT) might not be a bad investment now that they have completely overhauled their online retail presence in a challenge towards Amazon. Walmart is offering free 2 day shipping as a clear challenge to the online marketplace juggernaut Amazon. This increase in online retail presence has to be attributed to Marc Lore their CEO of Walmart eCommerce US who created Diapers.com, Soap.com and Jet.com which was acquired by Walmart in 2015.

As always buy low and sell high, and enjoy the profits to come!



# GBUAHN: Nationally Recognized for Excellence in Case Management

By Julie Doerr, GBUAHN Public Relations

The National Committee for Quality Assurance (NCQA) has announced that the Greater Buffalo United Accountable Healthcare Network (GBUAHN) has received level two NCQA case management accreditation. GBUAHN is the first and only health home organization in New York State to achieve NCQA recognition for case management.

Earning NCQA's Case Management Accreditation shows that GBUAHN's case management program is dedicated to care coordination, patient-centeredness and improving quality of care: getting the right care to patients. NCQA sets its standards high to encourage case management organizations like GBUAHN to continuously enhance the quality of services they deliver. NCQA Case Management Accreditation is the only program that focuses on care transition.

"This NCQA accreditation in case management for GBUAHN is huge in our organization's commitment to providing smart, coordinated health care for the Medicaid patients we serve," said GBUAHN CEO Raul Vazquez, M.D. "Our patient health navigators, or care coordinators, work tirelessly to organize the right services for our members through the development of individualized care plans."

NCQA Accreditation standards are developed with input from researchers in the field, the Case Management Expert Panel and standing committees, employers, both purchasers and operators of Case Management programs, state and federal regulators and other experts.



The Greater Buffalo United Accountable Healthcare Network

"Case Management Accreditation moves us closer to measuring quality across population health management initiatives," said Margaret E. O'Kane, President, NCQA. "Not only does it add value to existing quality improvement efforts; it also demonstrates an organization's commitment to the highest degree of improving the quality of their patients' care."

#### About NCQA

NCQA is a private, non-profit organization dedicated to improving health care quality. NCQA accredits and certifies a wide range of health care organizations. It also recognizes clinicians and practices in key areas of performance. NCQA is committed to providing health care quality information for consumers, purchasers, health care providers and researchers.

#### About GBUAHN

Founded in 2013, the Greater Buffalo United Accountable Healthcare Network (GBUAHN) has 7,500 members and is the seventh largest Medicaid health home in New York State. Medicaid health homes were established under Section 2703 of the Affordable Care Act as a team-based clinical approach offering coordinated care services to individuals with multiple chronic health conditions, including mental health and substance abuse disorders. This free service integrates all primary care, acute, behavioral health and long-term services and supports to treat the whole person. Care teams work closely with patients to get them all the services they need in the community (i.e. food, housing, and clothing). For more information on GBUAHN, visit [www.gbuhn.org](http://www.gbuhn.org)



**2 YEARS**





WNY MEDICAL, PC

Competence. Compassion. Collaboration.

# OPPORTUNITIES

Licensed Practical Nurse (LPN)  
Nurse Practitioner (NP)  
Medical Assistant (MA)  
Physician Assistant (PA)  
Registered Nurse (RN)  
Practice Facilitator  
Front Desk

Some Experience Necessary  
Visit [wnymedical.com](http://wnymedical.com) for additional information.

# NOW HIRING

COMPETITIVE PAY - EMPLOYER PAID HEALTH INSURANCE - PAID TIME OFF

POSITIONS AVAILABLE:

COMMUNITY HEALTH WORKER  
PATIENT HEALTH NAVIGATOR

APPLY TODAY AT [WWW.GBUAHN.ORG](http://WWW.GBUAHN.ORG)

NCQA accredited in case management



The Greater Buffalo United Accountable Healthcare Network

564 NIAGARA ST. BLDG 2. BUFFALO NY 14201



# MYB

Manage **Your** Business



## We are interested in the success and growth of small businesses.

Our services include:

Information Technology  
Branding & Advertising  
Web Development  
Real Estate Management  
Human Resources  
Accounting  
General Business Services

Time is Money!



Managing time is our business.

716.923.4385 | [manageyourbiz.com](http://manageyourbiz.com)

# 10 Weeks Down, A Lifetime of Learning to Go

By Susanna Schenk from EPIC, Every Person Influences Children  
[www.epicforchildren.org](http://www.epicforchildren.org)

It's report card time again! This can be a time of joy, pride and validation that hard work pays off for both parents and children. It can also be a source of frustration and disappointment for others. No matter what your child's report card looks like, it is important to remember that it is only a small snap shot of your child, and there are always ways to guide them on a path of continued growth and improvement.

If your child's grades are not where you expected or hoped, you and your child may feel disappointed, embarrassed, and/or angry. Remember we all have points of strength and

weakness, and perfection in all areas should not be the goal. Whether they have or haven't achieved perfect marks across the board, they need to know that making mistakes is an important part of learning. If children aren't prepared for failure or challenges, it becomes more difficult for them to respond in a positive and productive manner when things don't come easily to them.

To help your child improve his/her grades for the next marking period, it is more important to focus on making a clear plan, which may include a punitive consequence, than punishment alone. One approach to this is:

- Ask your child why they think earned those grades. Focus on their actions and behaviors.
- Set up a conference with the teacher. Keep in mind, the teacher wants your child to be successful just as you do.
- Explore how you and the teacher can work together as a team to support your child by asking questions such as:

- How can we help our child at home?
- Do you think our child is putting in enough effort to learn the content you are presenting?
- What should our child do differently this marking period?
- In what area do you need support with our child?


- Use their answers to make a plan with your child and the teacher.
- Check in with the teacher to make sure all of you are on the right track, and make adjustments to the plan as needed.

Once you see improvements, congratulate your child and thank the teacher for working with you and your child, but don't stop being involved. Remember, research shows that parent involvement has an important effect on student achievement.

Correspondingly, if your child has all A's, that is wonderful but does not excuse your involvement. Good grades are important and should be a reflection of the work, effort, and knowledge your child displayed in the marking period. You should express how proud you are of them, but also discuss what they think they did to get those grades. Explore where they may encounter difficulties in the future. Make a plan for at least one way they are going to challenge themselves in the next marking period. Remember that grades are not as important as what your child has learned and their ability to apply that information in the future.

The goal of an education is to give students strong foundational skills so that they can spend a lifetime learning and contributing to their community. Your love, support and involvement in their lives and education is just as import to building this foundation as the information presented in their classrooms.

# EPIC



Every Person  
Influences Children



# Family Traditions

By Gabrielle Darling

As the air cools and the leaves change color Thanksgiving is right around the corner. With this delicious day of feasting and family come many traditions.

The holiday often begins with the feast and the star player is generally the turkey. The bones of the turkey are just as important as the meat when it comes to conversation. Family members stand and pull tender morsels from the carcass while discussing the turkey. No one is entirely sure where the tradition came from, but it might stem from something not so far away in history. The Great Depression was a time of scarcity where nothing went to waste. This little tradition reminds us how lucky we are today.

Families often take a few moments for prayer before the big meal. Joining hands and surveying the table reminds us of loved ones, daily gifts, and most of all the joy of being together. An alternative to prayer is a toast. Each person calls out a different reason to be thankful for the year. Whether it's humorous or honest, everyone can join. After the clinking of glasses the festive meal can begin.

There isn't much room for talking during the meal, but there are ways to make the time afterwards unique. A lot of families enjoy taking a brisk walk or a hike in the woods. Afterwards they have dessert to finish the day.

Other families find tradition on the television with something they all enjoy. For many this is football, but there's also the Charlie Brown Thanksgiving Special. Sometimes finding characters every generation recognizes brings them closer. A last tradition occurs the day after Thanksgiving. Decorating gingerbread houses makes the holidays festive. It's a nice way of putting Thanksgiving to bed and preparing for the Christmas season. Visit with friends and decorate your houses with leftover Halloween candy.

Tradition is important for keeping family together. Be flexible and mix it up this Thanksgiving. One tradition leads to another and any of them will bring your family together.

# Things to be Grateful For

By Matthew Brooke

November is the time to be grateful!

With Thanksgiving at the end of the month it is important to remember all the positive things in your life that you are thankful for. We are always thankful for our families, regardless of how frequently they can get on our nerves.

Personally, one of the many things that I am grateful for is the time I spend with my extended family that I typically don't see throughout the year. There is nothing more enjoyable than tying one on and shooting the breeze with people you rarely see. My relatives, like I'm sure yours are, can be a little rambunctious and a little over the top once you lit a figurative fire under their rear. It only takes one little remark about politics or world events to rile up anyone after one or two beverages and that always makes for interesting conversations.

The best part about conversing with family that you rarely see is the sure fact that you missed out on all their life drama throughout the year and now you can simply enjoy their stories of how they resolved their problems and what they are currently up to. Most relatives that don't know too much about what is going on with the youngsters lives in the family love to

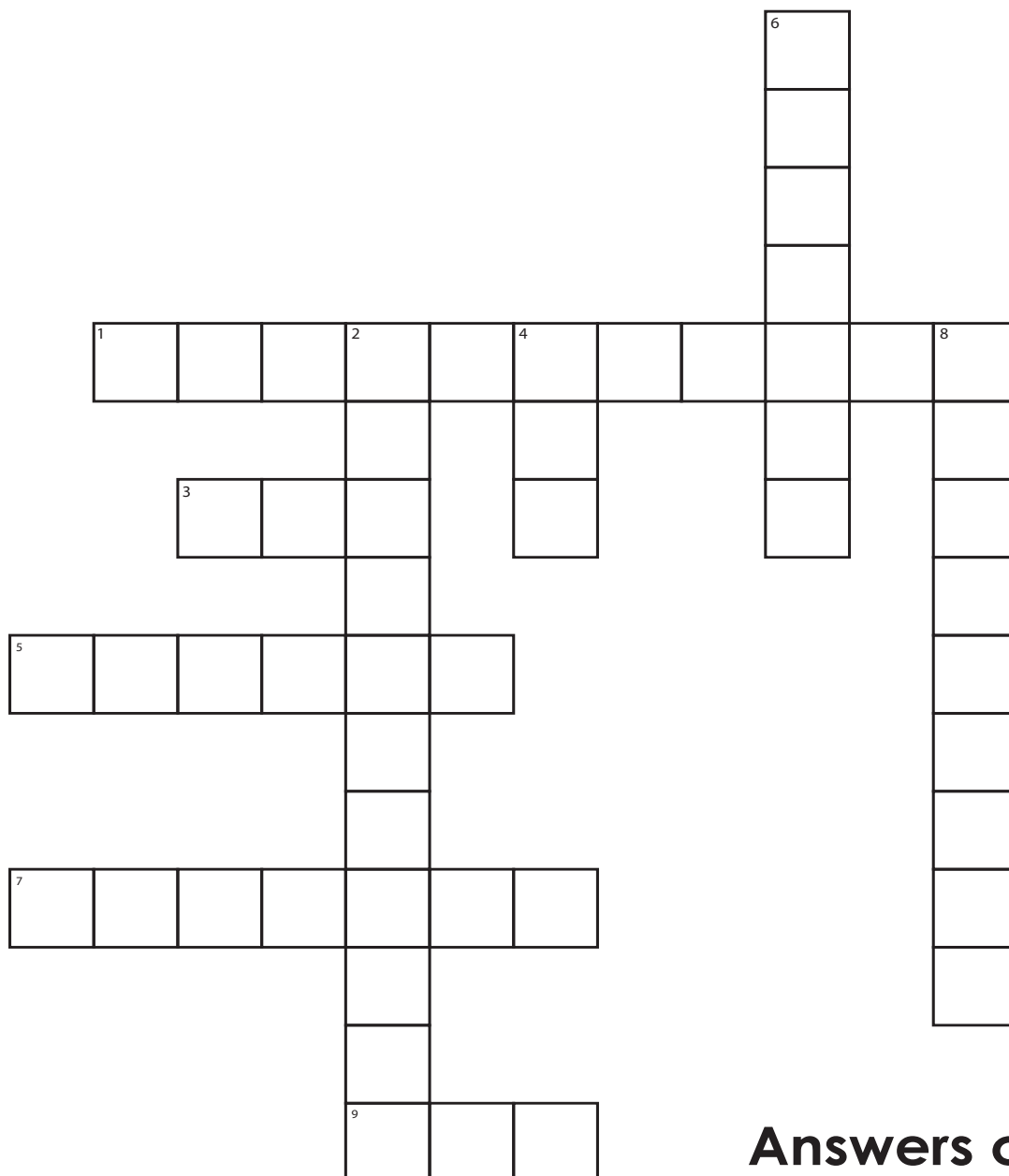
ask that favorite question of 'How's school going?'. I know I have been asked that question almost one too many times in my life when I was younger but that never stopped me from smiling and responding politely 'Good.'

Other things that you should be grateful for is health. Whether that is because you are in good health currently or because you have recovered from a troubling ailment, both are reasons to celebrate! The health of your family and friends is another reason to be grateful. Who would want those loving and kind people to be in bad shape?

Near the end of the year it is always beneficial to look back on the year you've had, to see what you've accomplished and to see what obstacles you've overcome. There are always bright spots in a year to reflect upon and learn from. Even the negative times throughout the year should be reflected upon, while not all things in your life can be good it is important to understand why these things happened and to learn from them.

Take some time this fall to reflect and learn more about yourself and your world!

# Diabetes Awareness Crossword Puzzle



**Answers can be found  
in the Health Section!**

## Across

- 1) \_\_\_\_\_ diabetes can develop in some women during pregnancy.
- 3) Over \_\_\_\_-third of adults have prediabetes.
- 5) Developing a \_\_\_\_\_ routine can keep everything up to mark with diabetes.
- 7) Approximately 1.5 \_\_\_\_\_ diabetes cases are type 1.
- 9) With type \_\_\_\_ diabetes, your body does not use insulin properly.

## Down

- 2) Approximately \_\_\_\_\_ million diabetes cases are type 2.
- 4) One in \_\_\_\_ American adults have diabetes.
- 6) Diabetes is the \_\_\_\_\_ leading cause of death in the U.S.
- 8) Diabetes doesn't have to be as big of a \_\_\_\_\_ change as you may think.

## November WNY Events

**Christmas in the Country:** November 2nd – November 5th at various times at the Hamburg Fairgrounds in Hamburg, NY. For more information, please visit [wnypremierpromotions.com/christmas-in-the-country](http://wnypremierpromotions.com/christmas-in-the-country).

**John P McGowan Concert for a Cure:** November 11th at 12:00 PM at Buffalo Riverworks in Buffalo, NY. For more information, please visit [www.coreymcgowan.com](http://www.coreymcgowan.com).

**Woods Walks: Nature Guide's Choice:** November 18th at 11:00 AM at the Reinstein Woods Nature Preserve & Environmental Education Center in Depew, NY. For more information, please visit [www.reinsteinwoods.org](http://www.reinsteinwoods.org).

**YMCA Buffalo Niagara Turkey Trot:** November 23rd at 9:00 AM at Delaware Park in Buffalo, NY. For more information, please visit [www.ymcabuffaloniagara.org/annual-events/ymca-turkey-trot](http://www.ymcabuffaloniagara.org/annual-events/ymca-turkey-trot).

**The Polar Express:** November 25th – November 26th from 11:00 AM to 7:00 PM at the Medina Railroad Museum in Medina, NY. For more information, please visit [www.medinarailroad.com](http://www.medinarailroad.com).

**The Nutcracker Ballet at Shea's with Neglia Ballet:** November 26th at 2:00 PM at Shea's Performing Arts Center in Buffalo, NY. For more information, please visit [www.sheas.org](http://www.sheas.org).

## Ongoing Events

**East Aurora Farmer's Market:** Every Wednesday and Saturday from 7:00 AM to 1:00 PM at Aurora Village Shopping Center in East Aurora, NY.

**Escape City Buffalo – Escape Room:** Various dates and times throughout the month at the Youngmann Plaza in Tonawanda, NY. For more information, please visit: [www.escapecitybuffalo.com](http://www.escapecitybuffalo.com).

## Recipe Corner

### Maple-Apple Pecan Crunch Pumpkin Pie

#### Ingredients:

- 1 (15 ounce) can pumpkin
  - 1/3 cup sugar
- 2 tablespoons honey or pure maple syrup
  - 1 1/2 teaspoons pumpkin pie spice
- 1/2 cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
  - 1 teaspoon vanilla
- 3/4 cup evaporated fat-free milk
- 2 medium Gala or Jonathan apples or 2 ripe pears
  - 1/4 cup water
- 1/4 cup coarsely chopped pecans or walnuts, toasted
  - 1 tablespoon pure maple syrup

#### Directions:

1. Preheat oven to 350 degrees Fahrenheit. Lightly grease a 1-1/2 quart soufflé dish, 8-inch springform pan, or 8 4-ounce ramekins; set aside. For filling, in a medium bowl, combine pumpkin, sugar, honey, and pie spice. Add eggs and vanilla. Beat lightly with a fork just until combined. Gradually stir in evaporated milk. Pour into prepared dish, pan, or ramekins. If using a springform pan, place on a foil-lined baking sheet. If using ramekins, place in a 15x10x1 inch baking pan.
2. Bake for 45 to 50 minutes for dish or pan or 30 to 35 minutes for ramekins or until center appears set when gently shaken. Cool 1 hour on a wire rack. Cover and chill at least 2 hours or up to 24 hours before serving.
3. Meanwhile, core, quarter, and thinly slice apples (or pears) and place in a large skillet with the water. Cook, covered, over medium heat for 5 minutes or just until softened and pliable but not mushy. Drain off liquid.
4. To serve the pie, arrange the cooked apple (or pear) slices atop the pumpkin. Sprinkle with pecans (or walnuts) and drizzle with maple syrup. If using a springform pan, loosen pumpkin from sides of pan by running a thin metal spatula around the edge; cut into wedges to serve. If using soufflé dish, spoon pumpkin out of the dish onto serving plates.





SUN  
SPIN MEDIA



**GRAPHIC DESIGN**

**VIDEO & PHOTO**



**PRINTING**

**MARKETING**



**4011 BAILEY AVENUE  
AMHERST, NY 14226  
SUNSPINMEDIA.COM  
716-775-7776**

