

YOUR



**HEALTH
WEALTH &
HAPPINESS**

FREE
SEPTEMBER 2018

www.yourhwh.com

**Goodbye summer,
Hello fall!**

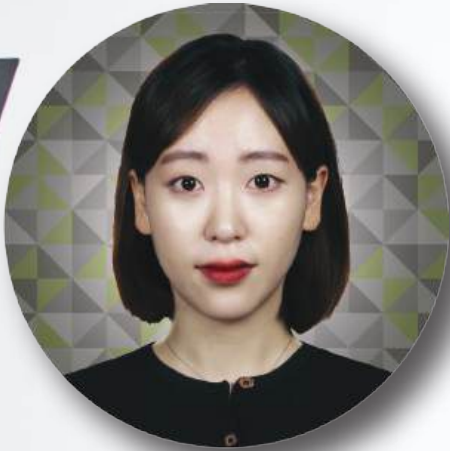
**Is the Keto
Diet Worth it?**

School Savings

**5 Steps for a
Happier Work Day**

In need of a new video promo?

Meet our Video Production team!



Dain Kim



Lauren Antkowiak



SunSpin Media is proud to be a young female run business. We are a strong branding and production team dedicated to creating quality solutions for clients of all sizes.

sunspinmedia.com
P: 716.775.7776
F: 716.931.5855
4011 Bailey Avenue
Amherst, NY 14226



Editor-in-Chief

Faizan Haq

Executive Editor

Brittany Maxwell

Copy Editor

Katy Siwinski

Contributors

Katy Siwinski
Brandi Aurelio

Graphic Design

SunSpin Media

Staff Writers

Lauren Antkowiak
Canny Savanney
Jenny T Bagen
Webster Tilton
Shahneel Ahmed
Oliver Clarke
Lillee Bellia
Brandi Aurelio
Katy Siwinski
Bridget Fallon
Susanna Schenk

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

Joe Cirillo, Director of Public Relations and Communications, ECMC
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.

@2018, SunSpin Media Productions. All rights reserved.
Reproduction in part or it whole without permission is prohibited.

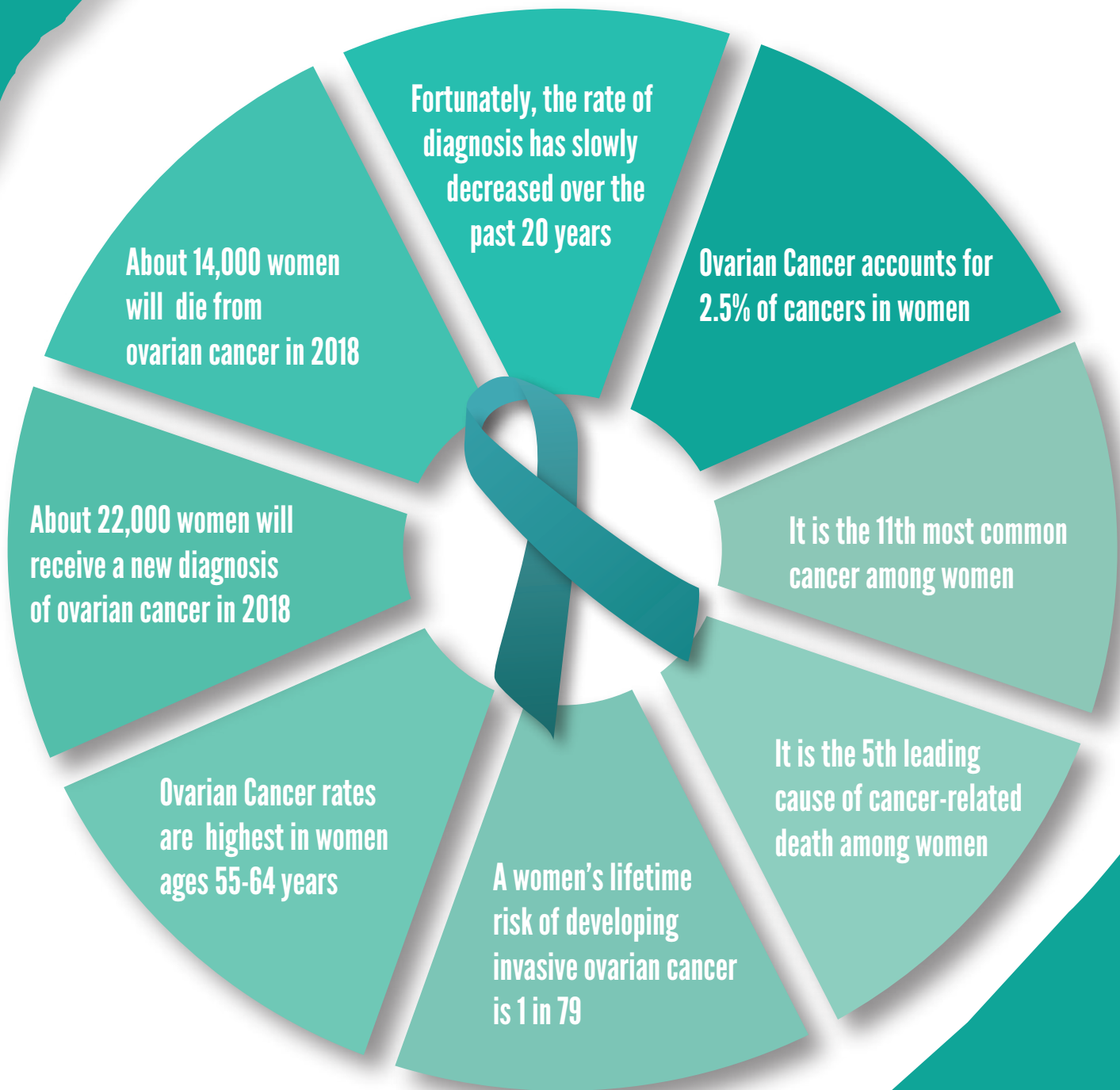
Our Mission

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
Ovarian Cancer Infographic	4
What is Ovarian Cancer?	5
Is Keto Worth it?	6
Alzheimer's Community Group	6
Age Related ADD	7
Direct Deposit Vs. Cashing Checks	9
School Savings	9
Now is the Time to Invest	10
Top Tips for Parenting with Your Child's Teacher	11
5 Steps for a Happier Work Day	12
Volunteering Makes a Difference	12
Learn Something New Everyday	13
August 2018 Crossword Puzzle Answers	13
September Crossword Puzzle	14
September Events in WNY	15
Recipe Corner	15

Ovarian Cancer



Sources: ocrfa.org & cancer.org

What is Ovarian Cancer?

By Shahneel Ahmed

Ovaries are reproductive glands found only in females. The ovaries produce eggs, which travel through the fallopian tubes and into the uterus where the fertilized egg implants and develops into a fetus. In addition, the ovaries are the main source of the female hormones estrogen and progesterone. There is one ovary on each side of the uterus. One ovary is about the size of an almond.

Cancer starts when cells in the body begin to grow uncontrollably. Ovarian cancer was previously believed to begin only in the ovaries. However, recent findings show that it may start at the tail ends of the fallopian tubes. Early stage ovarian cancer rarely causes any symptoms.

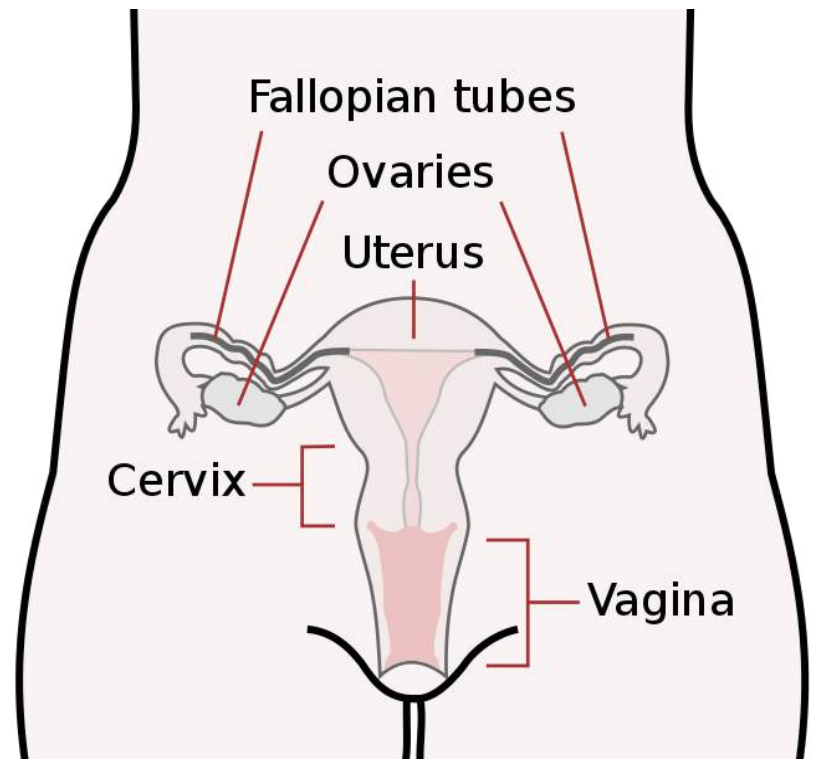
Only about 20% of ovarian cancers are found at an early stage. When ovarian cancer is found in the early stages, about 94% of patients live longer than five years after diagnosis. According to the American Cancer Society, prompt attention to symptoms may improve the odds of early diagnosis and successful treatment. If you have symptoms similar to those of ovarian cancer almost daily for more than a few weeks or more than 12 times during the course of one month, report them right away to your health care professional.

There is a lot of research to develop a screening test for ovarian cancer. The two tests used most often are a transvaginal ultrasound and the CA-125 blood test. A transvaginal ultrasound uses sound waves to look at the uterus, fallopian tubes, and ovaries. It can help find a mass in the ovary, but it is unable to tell if the mass is cancerous or benign. CA-125 is a protein in the blood, and the CA-125 blood test measures the amount of this protein. Women with ovarian cancer have high levels of CA-125. Better ways to screen for ovarian cancer are still being researched.

The most common symptoms of ovarian cancer include bloating, pelvic or abdominal pain, trouble eating or feeling full quickly, and urinary urgency or frequency. These symptoms are also caused by other conditions. In fact, most of these symptoms occur just about as often in women who do not

have ovarian cancer. When these symptoms are caused by ovarian cancer, they are persistent and occur more often and/or severe than normal. Other symptoms include fatigue, upset stomach, back pain, painful sex, constipation, menstrual changes, abdominal swelling, and weight loss.

Risk factors for ovarian cancer include older age, inherited gene mutations (BRCA1 and BRCA2), family history of ovarian cancer, estrogen hormone replacement therapy, beginning menstruation at an early age, and starting menopause at a later age. Treatment of ovarian cancer usually involves surgery and chemotherapy. If you should be experiencing any of these symptoms more than your regular menstrual cycle duration, contact your primary physician or gynecologist and book an appointment to have yourself examined. Being diagnosed early might just save your life.



MYB

Manage Your Business

Information
Technology



Allow MYB to harvest your servers this fall

- WE SPECIALIZE IN:**
- VPN SOLUTIONS
 - CLOUD SERVICES
 - SERVER & DESKTOP NETWORKS

5792 Main Street, Williamsville, NY 14221
myblc.net | (716)-923-4385



Is the Keto Diet Worth it?

By Brandi Aurelio

Have you heard of this new diet fad called the Keto diet? There have been tons of success stories floating around, but what exactly is this Keto diet?

The short definition of the Keto diet is assuming a low carbohydrate (carbs)/high fat diet, with virtually no sugar intake. In layman's terms, eating an extremely low amount of carbs in a day (most people try to stay around 25 and under) forces your body to enter into a state of ketosis. Ketosis is a normal metabolic process that occurs when your body doesn't have enough carbs from food to burn for energy. This results in your body producing more ketones and burning fat for fuel instead. Eating more healthy fats equals more energy. Fats also help keep you full for longer. When you eat carbs for fuel, your body breaks them down quickly, creating a fast burst of energy that fizzles out quickly. When you convert to eating fats for fuel, it takes longer for your body to break down these fats, resulting in having energy for a longer period of time as well as staying full for longer.

One result of your body being in a state of ketosis is weight loss, which I think is what most people find most appealing about the diet, but the benefits go so much deeper than that. There have been success stories with the Keto diet helping certain diseases and ailments such as diabetes, epilepsy, polycystic ovarian syndrome, anxiety, and even acne. Because ketones improve brain function, people often report mental clarity, better cognition, and increased memory. Another benefit is decreased inflammation in the body. This is helpful for people suffering from arthritis, psoriasis and eczema. Because the diet improves energy levels, sleep improvements have been reported as well. Along with these, some more benefits of the Keto diet are improvement of heart health, hormone balance in women, increased levels of HDL (the good cholesterol), and reduced blood pressure.

With any diet, there can also be negative impacts as well. If you are experiencing any of these negative side effects, contact your doctor. Your health should never be taken lightly. One major implication that could happen is ketoacidosis. This occurs when ketones build up in your blood, causing it to become acidic. A healthy low-carb diet with proper hydration shouldn't cause ketoacidosis, but it is important to mention because it can if you don't properly hydrate daily. Some symptoms include vomiting, fruity-smelling breath, stomach pain, urinating more than normal, confusion, and thirst. Because it takes a few days to actually enter into ketosis, and a bit longer to become fat-adapted (when your body burns your body fat for fuel), some common side effects include constipation, sluggishness, and low blood sugar. These typically disappear when your body becomes more acclimated to the diet.

So, is the Keto diet a good idea? That's for you to decide for yourself. I can't say that it's an easy journey. It takes a lot of willpower to change how you are used to eating. If you are thinking of switching over to a Keto way of eating, speak with your doctor and do your research.

Alzheimer's Community Groups

By Katy Siwinski

Alzheimer's is a common form of dementia that affects the ability to retain memory and other cognitive abilities that causes interruptions with one's daily life. Alzheimer's differs from dementia in the sense that Alzheimer's is a progressive disease, whereas dementia symptoms gradually worsen over a number of years. Currently, there is not a cure for Alzheimer's, but there are treatments that can temporarily slow down symptoms and improve the overall quality of life for victims and their families. It is a hard time to go through, but it is important to know that you are not going through it alone.

There are many support groups out there, including a 24/7 hotline to help those in need. Specifically in our area, there is an Alzheimer's Association of Western New York Chapter that is a non-profit organization with programs and services made possible through contributions from individuals, corporations, and foundations. There will also be a Walk to End Alzheimer's on Saturday, September 15, 2018 at the Buffalo Outer Harbor. Join an existing team, make your own team, or make a donation today!

I spoke with a friend who has personal experience with family members who have suffered from this illness. "For those experiencing this illness directly, or knowing someone that is suffering, it can be a difficult journey. Having family members affected directly by this can take a traumatic toll on existing family members, and yourself. They are no longer subconsciously aware of their everyday activities, and need great assistance to still maintain a healthy lifestyle. It is a full time job in itself that it makes it hard to be there for them all the time. It is refreshing to know that there is still a type of community available for those who suffer from this, who can almost have their dignified lifestyles back. All of that depends on what level of progression they are in the disease. During the time that we lost our loved ones, there was not a solid program in place. I hope to see this program continue to grow with people who are certified in the health industry for loved ones, as we continue to find a cure."

Alzheimer's is a common form of dementia that affects the ability to retain memory and other cognitive abilities that causes interruptions with one's daily life. When you are directly working with a family member that is suffering from the disease, it can be a difficult experience. With the right support and heart-felt dedication, you can make Alzheimer's a less traumatic experience for the suffering family member and their surrounding family.



Age Related ADD (Attention Deficit Disorder): The Case for Neurological Restabilization

By Jenny T Bagen, MS, PMHNP-BC

There is growing controversy about the prescription of Stimulants for Adults 40 and over by Pharmacists, and medical and psychiatric providers.

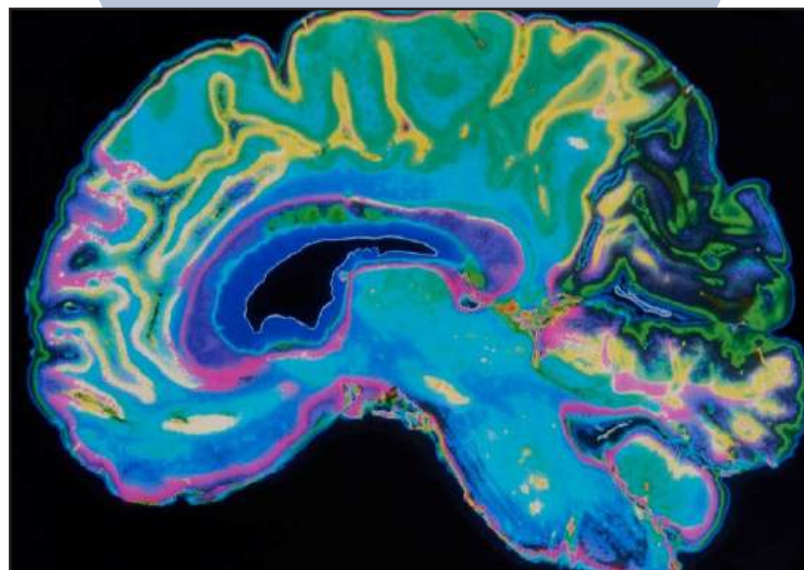
There is apprehension about prescribing controlled substances risk for patient abuse, and lack of awareness about the Neurochemical decline in the aging population which leads to or compounds a preexisting ADD (Attention Deficit Disorder). This is not ADHD (Attention Deficit Hyperactivity Disorder).

It is often, that a patient who comes in seeking assistance, has done some research and finds that the profile of symptoms for ADD is what appears to be what is happening to them. These include problems with motivation, energy, focus, concentration, initiative, procrastination, memory, creativity and vitality. They often present to their Primary Medical Provider first, who sends them off to a Psychiatric Provider. They are often left with discouragement, inappropriate and costly prescription of medications ineffective for accommodating the problem, and are labeled "a drug seeker".

In a changing world where people are living longer, the aging adult continues to pursue employment beyond traditional retirement, exploration of further education, reinvention of

themselves. They are continuing to expand their creative potential to the fullest, all to maintain vitality, maintain zest for living and optimal functioning. The need to be a productive individual in society.

Article continued on page 8



Looking to expand your audience?

Place your ad here!

**10% off the price
of your first ad**



Contact us at: 716.362.7849 | submit@yourHWH.com

Continued from ADD Article on Page 7

The aging adult may or may not have experienced symptoms of ADD from childhood, may or may not have been treated, and may or may not have learned to cope with the deficits of Neurochemical imbalance. Parents were reluctant to use medications for ADD. The individual was deemed by teachers to be "never going to set the world on fire", and were often classified as learning disabled, further impacting an already compromised self esteem, and not challenged intellectually. As a result of the aging process, especially around the time that both men and women begin to experience the natural decline of hormones in their early 40's, primarily Estrogen and Testosterone. They experience a compounded deficit of decline in memory, cognition, motivation, energy, focus and concentration.

What usually brings people in is the threat of losing their job, or having lost their job and finding themselves needing to return to school. They may also want to seek another path of employment, which proposes difficulty with the innate learning curve necessary to be competitive. Especially in a work environment where the older worker is no longer in demand. In simplistic terms, the Neurochemistry for "attention" requires the ability of the excitatory Neuro chemical Dopamine and Norepinephrine to connect to the receptors in the Frontal Lobe, which is the Executive Center of the Brain.

Stimulant Medications facilitate parts of the brain in the Central Nervous System (emotional center of the brain) to produce or transport sufficient Dopamine to Dopamine Receptors, "lock and key," either by direct stimulation of primarily the Substantia Nigra, and stimulation of the Locus Coeruleus to produce Norepinephrine, which is up regulated or leads to Dopamine in the brain. Both are essential in attentiveness. Ongoing research into both Alzheimer's and Parkinson's indicate that neuronal loss of both Norepinephrine and Dopamine have been implicated in these diseases. Therefore, the replenishing and transport of these essential neurochemicals impacts the treatment plan two fold: acute intervention and preventative long term intervention.

The purpose of this brief introduction to "Adult Related Attention Deficit Disorder" is to change our Clinical Paradigm and way of thinking in the prescription of stimulant medication to the aging population. An approach that requires prudence in screening with a thorough Neuro/Psych evaluation, testing for ADD symptoms with clinically significant testing tools. These test tools include blood work and EKG preliminarily to assure no underlying medical factors predisposing patient symptoms, establishment of a medication prescription threshold that precludes the risk for addiction, close monitoring and follow up, toxicology screening as necessary, and a treatment plan that is well intentioned and in the best interests of our patients.



By acting today, we can heal tomorrow's traumas.

As Western New York's only Level I Adult Trauma Center, the future of healthcare at ECMC is clear. With a steady rise in patient volume, we know that more of our neighbors will depend on our lifesaving trauma and emergency care more than ever before. And with your support, they'll receive it in a new facility with state-of-the-art technology, more space and privacy, and designed for better experiences and outcomes for patients and their families.

Learn how you can give to save lives in the most critical situations at

SupportECMCtrauma.org

The difference between healthcare and true care™



Direct Deposit vs Cashing Checks

By Bridget Fallon

You work very hard for your money, so you want to find a way to make your pay work for you.

When it comes to getting your checks from an employer, you typically have the option to either cash the check or direct deposit it into your bank account.

For some, cashing checks is the way they go. It is the way that most people trust and maybe the way that their parents or grandparents always handled how they got paid at work. With cashing checks, you have complete control as to where the money goes, and for many, that is empowering. Paper checks also allow you to keep your bank account information private from the employer. If you are someone who financially thrives on a 'cash diet' (only using cash to pay your bills) cashing checks might be the only way they consider to be paid.

People may be wary of cashing checks in this day in age. With busy work schedules, cashing a check usually involves one more trip to the bank and is not the most timely of options. If your payday falls on a on holiday or weekend, you may have to wait until the next business day to cash your check, which is why a lot of people prefer direct deposit.

Even though you have to give your employer your bank account information, the pros of having your check direct deposited into your account tend to outweigh this one con. With Direct Deposit, money is electronically transferred into your choice of your checking or savings account and any combination of the two. Direct Deposit is also a timely way to get paid as it is faster for you to receive than a paper check and typically gets deposited the morning of pay day. Overall, direct deposit is pretty safe, because you do not have to worry about the checks getting lost, damaged or stolen. The GTE Financial website says the Social Security Administration has never lost a payment by direct deposit since 1976, when it first started using the system.

If all comes down to personal preference, but both options have their pros and cons!



School Savings

By Canny Savanney

Breathe in deep, and exhale. It is finally time for parents to breathe easy again with school back on the radar. No more trying to figure out what summer activities to do to keep those little ones busy as bees.

So, the school list from the teachers arrived in the mail and now you in a hurry to snag the best deals. It seems like everyone and their mother are all in consensus to drive to the stores in a rush to cross off these items on their list.

Before you go and start playing dodge the carts at the store with those youngsters, check out these tips.

1) Assess what you have left over from the end of the previous school year:

Chances are you bought a ton of supplies because the deals seemed too good to be true at those prices. If that is the case, you may have lucked out and still have some of those items you did not even get the chance to use last year. Drag it out of storage and go from there to determine what you still absolutely need.

2) Flyers or Circulars are your best friend:

If you are still one of the people who receive their Sunday papers, then you need to search through your ads. Make a game plan. Go for the best deals. Remember sometimes purchasing the items online is even more cost effective in the long run. Most retailers already have coupons in their ads and you can earn store gift cards if you spend a certain amount on certain items like Target for instance.

3) Apps are a Godsend:

School supplies and a new wardrobe can add up quickly. If you have had the pleasure to read your Savvy Shopper articles before, you will know that an app I highly recommend is Ibotta. It is a fantastic source for earning money back on things you are going to be buying. Once you accumulate enough you can redeem cash or gift cards to use. Personally, I have done this already, and I love the gift cards I have gotten to use.

School might not be the most fun for the kiddos that are going back, but it doesn't mean it has to be a headache for the adults to. Take about 10 minutes out of your day to evaluate your situation and it could help you tremendously in the long run.

Remember, the more you save today, the more you'll have for those raining days.

If there is a topic you have you would like your Savvy Shopper to cover, email the topic to submit@yourhwh.com and ask your Savvy Shopper what you would like to see covered next month.

Now is the Time to Invest

By Webster Tilton

I'm not a gambler, but at this point even I have to take a serious look at getting in on what Uber has been up to. According to MarketWatch.com, their net sales are up 63% from this same time last year, and they're expanding aggressively.

Uber recently gotten into food delivery and bike-sharing, both of which have improved their already impressive margin even more. They sold off their Russian and southeast Asian operations to focus on more promising markets in India and the Middle East. They've acquired the bike-share company Jump Bikes and they've invested in a scooter company called Lime.

UBER CEO Dara Khosrowshahi has said that he plans to take the company public in the second half of 2019. This may have been what prompted several major investment firms, such as Coatue Management, Altimeter Capital and TPG Capital, to buy over \$400 million worth of Uber stock at \$40 per share back in May of this year.

Of course it isn't all good news. All of these investments that Uber is making cost a huge amount of money, which depletes their war chest. They're taking a calculated risk and there's always the chance that it won't pay off. They've spent so much money that, if not for the cash generated by selling off

the Russian and southeast Asian operations, they would have actually posted a loss this year. But this looks to be a solid a rock as anything can be, and in the end we all have to either risk our money, or live purely off of cash savings.

Uber is expanding at an exponential rate. Their stocks aren't publicly available yet but when that changes (in Q3 2019 if all goes according to plan) we might very well find ourselves wishing that we had taken that chance.



wnymuslims

Diversity Cruise



SAVE THE DATE!

Sunday, September 9, 2018, 4-6pm

Boards at 3:30pm and departs at 4pm sharp - DON'T BE LATE!

Erie Masin Marina, 329 Erie Street, Buffalo, NY 14202

Limited space available.
Book now!


Call today! 716-923-4386
or visit wnymuslims.org.

Top Tips for Parenting with Your Child's Teacher

By Susanna Schenk

EPIC

Every Person Influences Children



The back to school sales have been running since the beginning of July, when September seemed too far in the future to think about backpacks, lunches and the 40 pounds of required notebooks, paper, folders, crayons, markers, pens and pencils; but, now here we are - September. Your children are somewhere between birthday party excited and five shots at the doctor's office nervous. Wanting the best experience for your child is your main focus and it is important to help your child work through their feelings and finding the best path to success.

One area that is important to focus on when preparing for a new school year is building a strong home and school relationship. Parents who exhibit positive feelings toward relationships with both the school and teacher have children who are more successful and engaged in their education. So how do you do it?

Start with the belief that your child's teacher wants the best for every student in the class, especially your child.

Follow these 9 helpful tips from EPIC.

1. Help the teacher get to know your child. Find a way to communicate important information about your child. What are the child's study habits? Strengths and weaknesses? Likes and dislikes? Fears? What are your goals for your child? Also, let the teacher know when there are big things going on at home: illness or death, a new sibling, moving, etc. Don't wait for conference time to do this!

2. Be collaborative. Treat your child's teacher as part of your team. Ask him or her for help as needed. Take your child's teacher's concerns seriously. Remember your child's success is the goal you both share!

3. Communicate, communicate, communicate! Find out the best way to reach your child's teacher, and stay in touch. Don't expect immediate responses, and be mindful of their time constraints. Remember most teachers are busy teaching all day long. They often don't have time to answer calls, read or write emails until after school.

4. Be even-tempered. If a problem arises, don't play the "blame game." If you have a concern, approach it calmly and with facts in hand. Bring your concern to the teacher before you go to the administration.

5. Join forces to help your child get organized. Understand whatever method the teacher is using in the classroom, and support your child in learning to use that method. Start the year out by double-checking your child's backpack, and then gradually transfer the responsibility to your child.

6. Participate in the classroom. An effective way to become familiar with your child's teacher and classroom routine is to volunteer in the classroom. If you can't come into school, see if there are ways you can support the classroom from home.

7. Sweeten the relationship. Show teachers you are grateful for all they do. Drop them a simple thank you card, ask them how they are doing, let them know that you are there to help in the classroom if needed. A compliment and a thank you often mean more than a Starbucks gift card. Teachers work hard day and night and they love when someone notices how hard they work.

8. Keep the teacher informed of medical, learning, or attention problems. If your child has special needs in the classroom, provide the teacher with written information. If your child has an Individualized Education Plan, meet with the teacher face-to-face to review. If you have access to general fact sheets regarding your child's condition, provide the teacher with copies. Communicate openly and honestly. Don't wait for conference day to give the teacher important information about your child.

9. Know your rights and responsibilities. Understand the programs that are available to help your child. Remember, you are a partner with your child's teacher.

Above all else, remember your child takes their cues from you – your attitude toward school, learning, and the teachers matter and ultimately can become your child's attitude. Therefore, stay positive and always be kind.



5 Steps for a Happier Work Day

By Oliver Clarke

Being happy is not a miraculous occurrence; it is a skill borne of resilience and practice. When you make deliberate choices to encourage your happiness, you will find yourself less unhappy everywhere, even at work.

Prepare yourself for a day of happiness

In the mornings, get up 15 minutes earlier to get yourself the best possible start. Make sure to eat a healthy breakfast, and take some time to do one, small enjoyable thing before you head to work. It may be to enjoy a cup of tea, meditate for 5-10 minutes, or to go on a jog. You know yourself best. When you get to work, take the first few minutes to make a list of just a few goals you wish to accomplish that day. Try to think of each day as a new beginning.

Make your space your own

Personalizing your desk can make you feel more relaxed and at home. Adding a photo of your loved ones will make you smile, and a favorite quote can inspire you. Changing your desktop background to a picture of your favorite vacation spot or a visual representation of a personal goal will give you something to look forward to and remind you what you are working for.

Stay present

We've talked about the benefits of mindfulness in this magazine before, but they cannot be overstated! Every time you catch your mind lingering over worries or obsessively running through your to-do list, bring your attention back to the task at hand. When you have accomplished something, take a minute to celebrate it before moving on to the next task. Mindfulness is difficult, especially at first, but if you keep at it, you will reduce your stress.

Make it meaningful

Your job may not feel glamorous, but you don't have to save lives every day to find meaning and take pride in your work. Aside from reframing your perspective on your job itself, interpersonal relationships can help you take pride in your job. Take the time to help others, and to express gratitude when they help you. Foster a culture of positivity.

Reflect

As you clean off your desk to make everything neat and tidy for the next day's fresh start, try to make peace with the day's frustrations and put them aside. It is all too easy to bring the stress of your workday home with you, preventing you from truly enjoying the rest of your day. Right before you leave, take a minute to acknowledge your own progress, especially towards the goals you listed at the start of the day.

Volunteering Makes a Difference

By Lauren Antkowiak

Giving back to the community is always in season. Volunteer groups, organizations, and charities are looking for help year-round and there are endless ways to contribute. Here are just a few ideas to get you started!

During the Fall, there are many opportunities to make your community a better place. Cleaning up our environment before winter hits Buffalo is one way to help. Grab a rake and visit your neighbor to help them with the leaves in their yard. There is no official group that orchestrates this, but don't let that stop you. As long as you know your neighbor and ask permission, this is a great way to contribute. This is a way to assist those on land, but don't forget about our oceans. On September 15th, the Ocean Conservancy's International Coastal Clean Up Team will be along Lake Erie in Evans and Dunkirk cleaning up trash. Visit their website at oceanconservancy.org to sign up to join, or to create a team of your own.

If outdoor activities are not your thing, then are other ways to get involved. The Salvation Army of Buffalo is looking for volunteers at their food pantries. Stock the pantry and make grocery bags to hand out to the community. Meals on Wheels is also looking for volunteers to deliver meals to those who are homebound in the community, such as elderly and disabled individuals. The organization Hearts and Hands provides support for older and physically challenged citizens. They arrange rides to medical appointments and social activities, among other things, to keep your neighbors active and healthy. Sign up for any of these opportunities by visiting the websites of these great organizations!

Volunteering is an enjoyable and rewarding experience. And there are so many groups that need help, so find one near you, grab some friends and go make a difference in your community!



Learn Something New Everyday

By Lillee Bellia

When put into writing, the concept of learning something new every day sounds like a daunting task. Do you need to crack open an encyclopedia and complete lengthy research? Should you re-enroll in school? These seem like the most common steps needed to accurately educate ourselves. However, learning doesn't have to be such a formal endeavor. With the combination of curiosity and a desire to find answers, you can teach yourself almost anything!

As a college student with strong career aspirations and an even stronger hunger to learn, I have challenged myself to learn as much about my interests as possible. Since I can only speak on behalf of myself, I will share 3 ways that I open my mind to new concepts and ideas every single day.

YouTube

YouTube is often seen as a platform of silly videos intended to make people laugh; however, it is also a community full of "How-to" videos and professionals who share career advice. I've completed many searches to find creators who are working in my desired industry and providing insight into how they have earned their place in the workforce. Watching people speak about their own personal stories tends to put my mind at ease because everyone has gone through their own struggles and setbacks. Some YouTubers that inspire and motivate me include Devon Lee Carlson and Latasha James, both of which are entrepreneurs with their own businesses. Devon's family founded Wildflower Cases, a company that creates phone cases and partners with influencers across various social media platforms. Her videos offer a personal look into her life, and I find it very interesting to see how she balances her own life while also running a business. Latasha is a freelance social media manager who makes videos and training sessions to share her journey and offer tips for effectively maintaining a social media presence. Both of these women motivate me to keep on the right track and try out my own ideas.

LinkedIn

LinkedIn is a suitable place to store your experiences and create a living resume for yourself, but it also provides you with the opportunity to communicate with successful people. I have sent many messages to people who work at companies that I am interested in, along with people who hold a position that I would love to learn more about. Almost every message that I've sent has resulted in the person accepting my connection request, and a handful have messaged me back and answered my questions. Cold-messaging seems frightening at first, but I've learned that it doesn't hurt to reach out. People are generally flattered when you come to them for advice and are usually willing to help out and offer their wisdom. I've found that reaching out to people who attended the same university that I am currently attending are more willing to respond and chat.

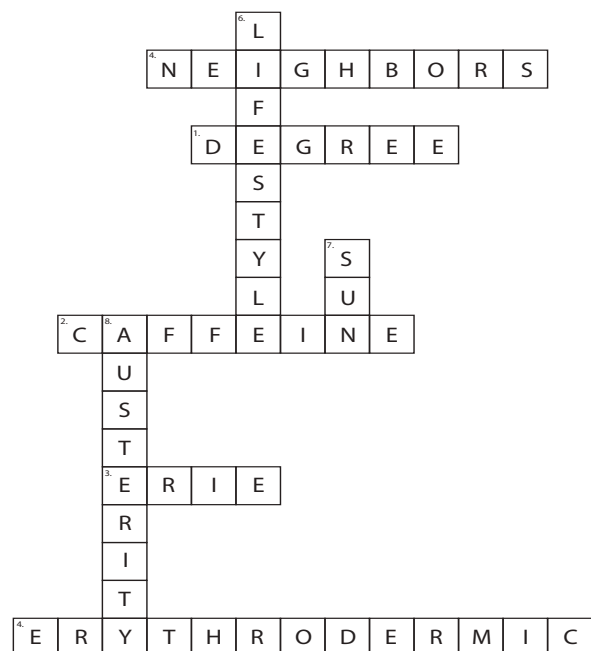
Podcasts

Listening to podcasts is a great way to fill your commute to work with valuable information in an entertaining way. There

are thousands of podcasts to choose from, and like YouTube, most of them are informative and career-oriented. I tend to listen to podcasts centered around entrepreneurship, women in business, and creating & sustaining a brand image. These are all areas that I want to learn more about and incorporate into my own long-term goals, so I enjoy listening while I'm in the car. I am currently hooked on the Girlboss Radio podcast with Sophia Amoruso, founder of Nasty Gal. Each episode features a female entrepreneur who tells her story, and shares any advice that she can offer. I recently listened to an episode with the founders of The Skimm and loved hearing about their journey leaving what they had thought were their "dream jobs" to start a company that they knew was the future.

I think a lot of people are scared by the days of reading 100+ pages in textbooks that they have absolutely no interest in, and consequently forgetting everything that they just "learned." Learning does not have to be boring, and it definitely does not have to be painful. Think of your own interests and seek out entertaining and effective ways of getting your questions answered. I promise that it can be fun!

August 2018 Crossword Puzzle



How did you do?

September 2018 Crossword Puzzle



Find your answers throughout
the magazine!

Across

- 1.) Alzheimer's is a common form of _____ that affects the ability to retain memory and other cognitive abilities that causes interruptions with one's daily life.
- 2.) _____ recently gotten into food delivery and bike-sharing, both of which have improved their already impressive margin even more.
- 3.) Help the _____ get to know your child.
- 4.) _____ are reproductive glands only found in females.
- 5.) Prepare yourself for a day of _____.

Down

- 6.) The short definition of the Keto diet is assuming a low carb/high fat diet, with virtually no _____ intake.
- 7.) Listening to _____ is a great way to fill your commute to work with valuable information in an entertaining way.
- 8.) People may be wary of cashing _____ in this day in age.
- 9.) Flyers or _____ are your best friend.

September WNY Events

Buffalo Fitness Expo: September 8th from 10:00 AM to 8:00 PM at the Buffalo Convention Center in Downtown Buffalo, NY. For more information, please visit buffalofitnessexpo.com

Scrub Run 5K: September 12th at 4:00 PM at the Cazenovia Casino in Buffalo, NY. For more information, please visit scrubrun5k.itsyourrace.com

The Mighty Niagara Half Marathon & Hospice Dash 5K: September 15th from 8:00 AM to 3:00 PM at Artpark State Park in Lewiston, NY. For more information, please visit MightyNiagaraHalfMarathon.com

Walk to End Alzheimer's: September 15th at 10:00 AM at the Outer Harbor in Downtown Buffalo, NY. For more information, please visit alz.org/wny

Paws in the Park: September 22nd at 10:00 AM at the Grand Island State Park in Grand Island, NY. For more information, please visit specialevents.yourspca.org

Aspire in Motion 5K and 1 Mile Walk & Roll: September 29th at 9:00 AM at the Aspire of WNY Administrative Offices in Getzville, NY. For more information, please visit aspire.itsyourrace.com

Ongoing Events

Healthy Options Cooking Classes: September 4th, 12th, and 18th from 6:00 PM to 8:00 PM at D'Avolio Kitchen, Artisan Kitchen & Bath's Culinary Loft, and Sun Cuisines in Williamsville and Buffalo, NY. For more information, please visit healthyoptionsbuffalo.com

Slow Roll Buffalo: All month long at 6:00 PM at various locations throughout Western New York. For more information, please visit slowrollbuffalo.org

Downtown Country Market: Every Tuesday and Thursday from 10:00 AM to 2:00 PM at the Buffalo Place in Downtown Buffalo, NY. For more information, please visit buffaloplace.com

Recipe
Corner

Roasted Cauliflower Fettuccine

Ingredients:

- 1 head of cauliflower (cut into florets)
 - 3 tablespoons water
 - 1/4 teaspoon kosher salt
 - 1/4 teaspoon black pepper
 - 4 1/2 teaspoon olive oil, divided
 - 8 ounces uncooked fettuccine
- 1 1/2 ounces pancetta or cured bacon (finely chopped)
 - 1 1/2 teaspoons grated lemon rind
 - 1 tablespoon fresh lemon juice
 - 2 teaspoons chopped fresh thyme
 - 1 1/2 teaspoons minced fresh garlic
- 2 ounces Parmigiano-Reggiano cheese (shaved and about 1/2 cup)

Directions:

1.) Preheat oven to 400 degrees Fahrenheit. Combine first 4 ingredients; drizzle with 2 teaspoons olive oil. Toss. Arrange mixture on a baking sheet; bake for 40 minutes or until cauliflower is tender and golden, stirring twice. Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving 1/2 cup cooking liquid.

2.) Heat a large skillet over medium heat. Add pancetta to pan, and cook for 5 minutes or until crisp, stirring frequently. Remove pancetta; set aside. Add remaining 2 1/2 teaspoons oil to drippings in pan. Add 1/2 cup reserved cooking liquid to drippings in pan; bring to a boil over high heat. Boil 30 seconds or until blended, stirring constantly with a whisk. Add rind, juice, thyme, and garlic to pan. Add pasta; toss. Remove from heat. Add cauliflower and pancetta; toss. Top with cheese. Serve immediately.





WNY MEDICAL, PC

Competence. Compassion. Collaboration.

Are you ready for flu season?

Visit your Primary Care Physician
to get your flu shot today!

Visit wnymedical.com
to see a full list of our locations

WNY Medical
716-923-4383
info@wnymedical.com