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June 2018

**Top Factors Affecting
Men's Health**

**5 Tips for
Negotiating a Raise**

**Show Your
PRIDE, Buffalo!**

Health, Wealth, & Happiness

Men's Health Awareness Month

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Your Health, Wealth & Happiness explores the truth and facts not only within, but beyond the confines of your health, personal wealth, and individual happiness. We have one goal; to bring you the information you need to live a healthy, wealthy, and happy life. We find simple tricks to improve your health, and long term goals to stay on top of it. In this new age of ever expanding technology, there is an endless supply of new recipes, health care improvements, new operations, machines, vaccines, cures, research, even robots, and more. Keeping on top of Your HWH is crucial to living the best life possible. Cheers to growing a more healthy, wealthy, and happy lifestyle.



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Top Factors Affecting Men's Health

By Shahneel Ahmed

According to the Centers for Disease Control and Prevention (CDC), the top causes of death among adult men in the United States are heart disease, cancer, unintentional injuries, chronic lower respiratory diseases, stroke, diabetes, suicide, Alzheimer's disease, influenza and pneumonia, and chronic liver disease.

The American Heart Association states that more than one in three adult men have some form of cardiovascular disease, and stroke affects more than three million men. High blood pressure is also common in men under the age of 45, but routine medical care can help keep it under control. Prostate cancer is a leading cancer for men. In fact, besides skin cancer, it is the most common cancer in men. The American Lung Association states that more men are diagnosed with lung cancer each year compared to the years in the past. Men are also 25 percent more likely to die from influenza and pneumonia.

Suicide is another leading health risk for men. It was previously thought that depression affected more women than men; however, men tend to hide their depressed feelings and/or express them in different ways. According to the National Institute of Mental Health, at least 6 million men suffer from mental disorders, including depressive and suicidal thoughts, each year. Motor vehicle accidents are another common

cause of death among men. Compared to women, men are more likely to smoke and drink and make unhealthy or risky choices. According to the CDC, men experience higher rates of alcohol-related deaths and hospitalizations than women. Men binge drink twice as much as women. Furthermore, alcohol consumption increases one's risk for various cancers, including cancer of the mouth, throat, esophagus, liver, and colon.

Research shows that men go to the doctor less often than women and put off routine visits to the doctor and medical care. When they do go to the doctor, they most likely already have a serious condition. Many of the major health risks can be prevented and treated with early diagnosis through screening tests. Screening tests can find diseases early, when they are easier to treat. Making better lifestyle choices also prevents the development of the major health risks. Not smoking, avoiding excessive alcohol consumption, eating a healthy diet, maintaining a healthy weight, exercising, and managing stress can significantly decrease one's risk.

Take Care of Your Man!

By Tehniyet Azam

In today's world, everyone is busy and gender roles are frowned upon. I am a traditionalist at heart. I feel that it's the woman's role to take care of the family and their spouse. Here are a few things that I do for the men in my life to make sure that they are well taken care of. That being said, it is all about a healthy lifestyle and how you can help your partner to lead a healthy life physically and mentally.

Take care of his food:

Balancing work and home life is not easy but one has to do that for their loved ones. Always cook healthy food. Avoid processed food. We know that every household has different dynamics and time can be a problem so plan meals for the week on the weekend. Serve whole foods that are free from excess sugar and trans fats to keep the heart and body healthy. Home cooked meal that you can prepare together will give you a nice family time and it makes the meal more enjoyable.

Exercise with him:

Many people tend to be lazy when it comes to exercise. After a long day at work one might not feel like going to a gym. After you have rested for some time, go around the neighborhood or a nearby park and walk. Hold hands (or not) and talk about the day. Talk about what ambitions you have in life. Just focus

on the positive things in life rather than how you two will pay outstanding credit card bills. Life is indeed filled with stress but when we exercise, it keeps our systems moving and the brain gets nourishment. Exercise is very important and should be done every day of the week. You can go cycling as a family in one of the many bike trails or at any local park and expend those calories!

Prepare lunch for him:

When you are working you tend to ignore your body and keep on working. Every night or before he leaves for work make sure that you pack a healthy lunch for your loved one. It shows you care for him, and he will be thinking about how blessed he is to have you in his life. That lunch will give him the energy to spend the rest of the work shift looking forward to spending the evening with you. Small things in life go a long way.

Encourage him to drink water:

In this day and age, we usually have desk jobs and we are hardly moving during the day other than lifting a phone. When we come home we usually sit in front of the TV or other screens.

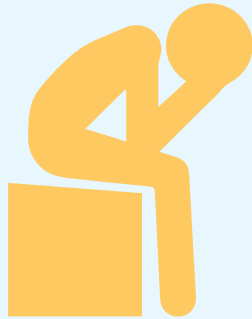
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Men's Health Awareness



Heart Disease is the #1 leading cause of death in men.

Men are 24% less likely to have visited a doctor within the past year due to maintaining their "tough" mentality.



Depression affects approximately 6 million men in the U.S. each year.

Male suicides comprise nearly 80% of all suicides in the U.S.



Lung cancer is the first leading cause of cancer, and prostate is the second.

Men are twice as likely to die from an accident than women, including motor vehicle collisions and accidental death.



Sources: Men's Health, National Institute of Mental Health, American Cancer Society, Center for Disease Control & Prevention

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“I just remember laying on that table, saying I need to make it.’ Everybody that took care of me, and spoke to me, and showed concern for me, I’m grateful for them.”

**—Parish Moss
ECMC Trauma Patient**

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Continued from Page 4



In all this process, because we are not doing any strenuous exercise we don't feel thirsty. We need to drink at least 8 glasses of water to remain hydrated. We should encourage our loved ones to drink water as well. You can divide the total weight of your body (in lbs.) by 2 and that should be the ounces of water you should drink in a day. As soon as he wakes up encourage him to drink at least two glasses of water on an empty stomach. It will help fill them up, and give them a clear mind.

Understand their problems:

Men and women are very different when it comes to emotions. Men tend to show that they are strong and nothing is bothering them when in reality they might be going through something. They can get irritated and can say things. Help them by letting them speak what is on their mind, or have them write it out. Be their support system. By listening, you show them that you understand their problem(s). If they want space, give them that space because everyone tends to take care of their problems differently. Women tend to express themselves about everything when it happens, but for men it can be the total opposite.

Overall, by taking these few points into consideration, you can help your man's health in staying fit and focused. Relationships are a team effort, and should be treated as such. Treat your man the way you would want him to treat you. By doing so, you might just be able to help him increase his life span.

Summertime Firework Safety

By Katy Siwirski

Summertime is nearly here, and it's time to take firework safety into consideration. It is important to check your town's laws on fireworks before proceeding further. Setting off your fireworks in the right place can make a huge difference in your display, making preparation essential. What steps should you take to ensure proper firework safety?

Before planning your firework display, ensure that you are aware of the laws and regulations for fireworks in your town. Upon verification, ensure that a responsible, sober adult is present to supervise all firework activities. You should never handle fireworks if you are under the influence of drugs or alcohol. Secondly, make sure any pets you have are safe and secure indoors. Ensure that your pet has an identification tag under the circumstances that they get loose outside if they become startled from loud noises. It is important to remember that fireworks are to be used only outdoors, and should be lit one at a time. Don't be afraid to take extra precautions when using fireworks. Wear safety goggles when shooting off fireworks, and keep a bucket of water close by in case anything goes wrong. Light one firework at a time, and quickly move away from it.

If your fireworks malfunction, it is important that you do not use them again. Wait 20 minutes upon malfunctioning, and soak the firework in a bucket of water. "Dud" fireworks still have the possibility of detonating and shouldn't be handled until they have been doused with water and let to sit before they are disposed of. Read all directions before using your fireworks. If you notice someone using illegal explosives, such as M-80s, report them to the police or fire department immediately.

It is important to ensure the safe usage of fireworks for the protection of yourself, and those around you. Follow the suggestions above, and you'll be able to enjoy splendid firework displays this summer, while being safe at the same time. Do not expose yourself to fireworks displays if they are illegal in your town. Remember, always be safe.



Compliance is Key to Good Health

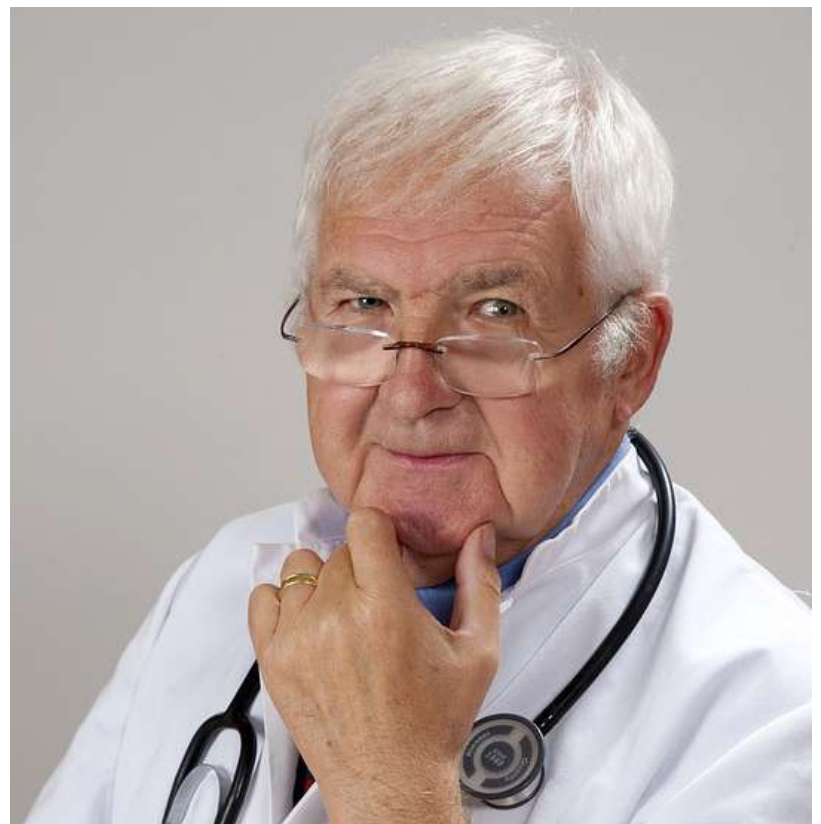
By Diane Woolverton

Who do we turn to when something is wrong with our health? We go to the most trusted source; our doctor. We spend our hard-earned money and our time in the waiting room for our turn to tell the doctor what is wrong, and we look to them for answers. But do we always listen?

One of the most frustrating things for a doctor is when we do ask for help and the doctor recommends treatment, prescriptions, or therapies, we don't follow the doctor's orders. The best thing we can do for ourselves is to follow the advice of our doctor. Our doctors have spent long, hard years learning the best ways to treat patients and non-compliance is a doctor's main concern. Our doctors have dedicated their lives to helping us live happy, healthy lives.

The best thing we can do for them, and ourselves, is to follow through with whatever they advise. Many of us are guilty of stopping medication once we begin to feel better, or deciding that what the doctor recommended is either unnecessary or inconvenient. Even something as simple as a routine mammogram can be dismissed by a patient, which can be dangerous. When we put our health and our lives in our doctors' hands we trust that they not only have our best interests at heart, but also know what the best course of action to take to treat us. Let us help them do their job. Our lives may depend on it!

If you're looking for the best care, look no further than the medical staff at WNY Medical, PC. For an appointment, call 716-923-4383 or visit www.wnymedical.com for a full list of our locations.



Spring Time Stocks

By Timothy Kelheart

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

Stocks will be on the rise as Americans start hitting the roads and skies for vacation, leisure, and adventure. It is of course better to buy these stocks now before we see the increase in use and demand for these companies during the spring and summer months when their businesses get the most business.

One business to invest in now is U-Haul (UHAL) a very popular and nationally recognized truck rental and moving equipment service company. College students, families, and all others are packing up their homes and belongings and moving down the street, to new cities and across the United States; leading to a rise in sales for U-Haul during these quarters.

Airlines are another stock to invest in if you don't already have any in your portfolio. They are constantly getting business all times of the year but they seem to do very well when everyone is planning for summer holidays and vacations. A few stocks to consider would be Delta (DAL), American Airlines Group (AAL), and Southwest Airlines (LUV). All have a great market share within the United States and are some of the most well-known and highly respected airline companies.

With the traveling season upon us we are hitching our wagon to what moves us and the companies that help us get there. Be sure to buy during dips and to consider your luck in buying stocks before earnings reports are released for big payoffs. Everyone is hungry for big profits this summer so get in early, get in now and play the market!



Staycation Savings

By Canney Savanney

It's the most wonderful time of the year! Well...almost. At least to most Buffalonians it is. The sun is finally shining, and our winter clothes are shedding into shorts, sandals and tank tops. The sensation of the sun is warming our soul and makes our skin all rosy and golden again.

What you don't want is for your cheeks to become rosy from frustration as summer can be wretchedly expensive. Prices of goods are always rising, especially the prices at the pumps, as gas is projected to skyrocket to new highs. The more you look at it, the more summer starts to look more like a staycation. But have no fear; staycations can be fun and inexpensive. Here are some tips to make the most of your summer and save too!

1) Community Pools

It might not be the most enticing idea, but it is the most economical one. Most people only pay a one-time fee for access to their local community pool all season long. It's a fantastic way to cool down and have something to look forward to if you cannot make a weekend trip to the beach.

2) Make Your Own Ice Cream

This summer seems to be shaping up to be a scorcher in the forecast. You may feel like you are melting but one thing you do not want melting is your ice cream. Instead of spending money on going out for ice cream all summer why not make your own at home? The best part is, you can add whatever you want into the mix! Talk about one cool treat.

3) Local Festivals

Most festivals are free for admission during the summer depending on which one you plan on attending. There are a variety of different artists that gather during the summer for multiple festivals. Two for instance are the Allentown Art festival and Lewiston Art festival. Both are filled with wonderful vendors, painters, photographers and artists of all mediums. It's always good to support local artists and shop small. The Allentown Art festival has the added benefit of being reached by the subway so you don't have to worry about parking fees.

There is plenty to do on a tight budget during the summer. Included but not limited to outdoor games such as the classic ball game of spud or foursquare with the family. If you have some summer activities you love to do in a summer staycation please share with us at submit@yourhwh.com or if there is a topic you like your Savvy Shopper to cover next.



5 Tips for Negotiating a Raise With Your Boss

By Webster Tilton

1) Don't be afraid to ask: Bosses deal with this all the time, they're not going to rip your head off just for asking. Whether or not you actually get the raise is another story, but you have every right to make the inquiry.

2) Research, research, research: There is no such thing as too much prep. Relentlessly dig up facts and figures that support your case for why you should be making more money. Be sure to cite industry standards for your job in combination with the length of your tenure. Be ready to list off your accomplishments and defend the quality of your work.



3) Have a figure in mind: Don't just ask for "a raise", know how much you want. Be ready with not one but several arguments for why that number is fair and no less than what you deserve.

4) Timing is everything: This one is obvious. If your boss just got done ripping someone apart for bad performance then this isn't the day to ask for more money. Wait till they're in a good mood, or better still, make the request right after you deliver some high end work that clearly pleased them. If there isn't going to be an obviously good time, then pick the least bad one. Employee compensation is supposed to increase with performance and length of tenure. As long as you've been doing your job well and your last raise was a year ago or more, you aren't out of line to raise the issue.

5) If they won't give you the number you want, ask specific questions about how you could earn that much: Use the phrase "What would need to happen to get me to that level of compensation?", or "What specific goals need to be met for me to get to that pay grade?" Denying a raise is a reflex for bosses because their job is to save the company money. But if you can force them to actually stop and think about why they're shooting you down they may realize that they aren't being reasonable.



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Involvement: What Teachers Would Like Parents to Do


By Kristin Scholz

Part of being involved in your child's education is developing a good working relationship with their teachers. Parents and teachers who openly communicate with one another, even through notes, e-mail or telephone calls, are best able to provide a child with consistent support to do well. By communicating and partnering with your child's teachers, you are ensuring a better academic career for your child.

In this partnership, teachers look to you, as parents, to:

- Stay involved through ALL the grades.
- Make reading become a part of everyday life; read to your child; let them read to you; let them see you read often.
- Show a positive attitude toward school and learning.
- Make sure your child goes to school every day, unless they are ill.
- Create a good learning environment in your home.
- Get to know your child's teachers and school staff and communicate with them often.
- Provide good nutritional food for your child.
- Try to be involved in at least one in-school activity during the school year.
- Praise your child for positive accomplishments.
- Be a good role model and promote values like trust, respect for others, responsibility and caring.

EPIC



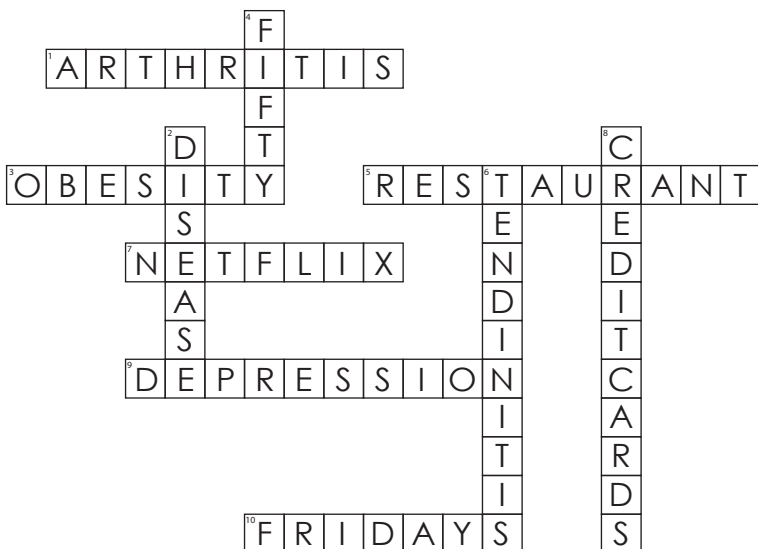
Every Person Influences Children

- Talk to your child and listen to them about what they are doing in school.
- Make sure your child gets enough sleep by going to bed at a reasonable time.
- Hang your child's work on the refrigerator door.

Of course this partnership is a two-way street and parents should expect teachers to:

- Communicate with parents.
- Have high expectations for all students.
- Get to know each child as an individual, including each child's learning style and teach accordingly.
- Treat each child with respect.
- Assign meaningful homework.
- Suggest practical ways parents may help their children at home.
- Be aware of cultural and family differences.
- Be flexible with meeting times.
- Provide opportunities for parent involvement.
- Avoid using educational buzzwords.
- Provide a safe environment for the children.
- Welcome parents as partners in a child's education.
- Explain standardized tests and their scores.

May 2018 Crossword Puzzle



How did you do?
Find your answers here!



Summer Family Fun

By Kallie Fasciana

Summer is finally here after another horribly long winter; and we're ready for some sunshine and fresh air! A lot of people will be running out the door to travel with this pleasant weather, however staying home and spending time with your family can be just as fun. Here are some family fun activities you can participate in to fight off that midsummer boredom.

Host a Neighborhood BBQ

Good friends, better food and friendly conversation is always enjoyable during the hot summer days! Bringing together the neighborhood with a simple BBQ that can allow the kids to expend their seemingly endless summer energy, giving adults a chance to sit down and destress after a long week of work, family duties, and the overall anxieties of adult life. Plus, if everyone brings a dish to the gathering there will a greater variety of food and tastes, as a gathering always brings out the best recipes.

Water Balloon Fights

Need to beat that summer heat? Have a water balloon war! Invite friends and family, make teams, and get ready for some sweet relief from the warm sunrays. You can even try mixing it up by adding food coloring into the water balloons to add an extra layer of fun and silliness to the mix.

Backyard Camping

Skip the expensive campsite reservations and plan a miniature camping vacation in your backyard. Build a small fire, toast some marshmallows, and have a great night sleeping under the stars all from the comfort of home. One of the many perks of backyard camping is that it is essentially impossible to forget the small things like sunblock and bug spray because it all just a few steps away.

Slip 'n Slide

Slip 'n Slides are full of water-related family fun! Most adults have fond memories of summers long past, where the fun was used to keep the heat at bay. Slip n' Slides are cheap to buy and even more cost effective to make your own! Get some tarps and lawn sprinkler and the rest is left up to you and your kids imagination. As an added bonus, people of all ages love playing with Slip 'n Slides!



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Show Your PRIDE, Buffalo!

By Oliver Clarke

May 29th-June 3rd was LGBTQ Pride Week in Buffalo! This year, organizers of the six events expect around 30,000 attendees across the week. Last year, the Pride Festival alone drew 15,000+ visitors.

Pride Week kicked off with a flag-raising ceremony on Tuesday, May 29th. Mayor Byron Brown and other city officials joined the Pride Center of Western New York and the Stonewall Democrats of WNY in Niagara Square in front of City Hall to raise the rainbow flag. The flag is a rallying call to invite the whole city to join in advocacy, awareness, and celebration of diversity.

On Wednesday, May 30th, the 2018 Gay 5K run starts at 7pm. There are 25 prizes to be given out; in addition to the free swag and snacks each participant receives at the after-party in Larkin Square. There will be music and drag performances, as well!

For those who love networking, Out For Business was Thursday, May 31st from 5-7:30pm at the Curtiss Hotel. There will be food, drinks, raffles, music from DJ Ben Hirsch, and of course, friends to be made. The first 50 to arrive get a free drink!

This year's Dyke+ March was on Saturday, June 2nd, and line-up begins at 1:00pm; step-off is at 2pm, and the march itself extends from the Unitarian Universalist Church to Bidwell Park, where there will be food trucks, performers, and activities for children. Later on, at 7pm is Dyke+ Tonight at the Unitarian Universalist Church.

Last, but certainly not least was June 3rd, where the Pride Parade and the Pride Festival close Buffalo's Pride Week. The Pride Parade step-off is at noon, at Elmwood Avenue and Forest Avenue, and it extends to Elmwood Avenue and Allen Street. Registration is free and open to the public, so sign up now! This year's theme is Icons and Heroes, so enjoy dressing up however you interpret the theme: local legends, international queer icons, or even your favorite superheroes. Over 100 organizations will be joining in. Pride Festival is 1-7pm at Canalside. Tickets are \$10 for those over 15 years of age; 15 years and younger get in free. This festival is the main event of Pride Week, featuring live entertainment, vendors, community organizations, and family activities. Don't miss out!

The fun doesn't have to end on June 3rd, either. Check out the Pride Center of Western New York and other local LGBTQ+ organizations to find out about more events throughout the month of June and beyond!



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Visit Niawanda Park

By Lauren Antkowiak

Along the Niagara River, Niawanda Park provides over 2 ½ miles of picnic and boating space. It includes a paved biking and walking trail that continues along the Niagara River all the way to Buffalo.

Located in Tonawanda, NY; Niawanda Park is the largest park in city.

Walking/Bicycle path, fishing pier, boating area, picnic area; The park is open from dawn to 10 PM.

Every Tuesday enjoy free yoga in front of the band shelter at 6 PM.

There's more to look forward to: next month the Buffalo Philharmonic Orchestra will perform a free outdoor concert.

On Wednesdays look for the Gateway Harbor Park Canal Concert Series. Enjoy free music along the water, less than a mile away from Niawanda Park.

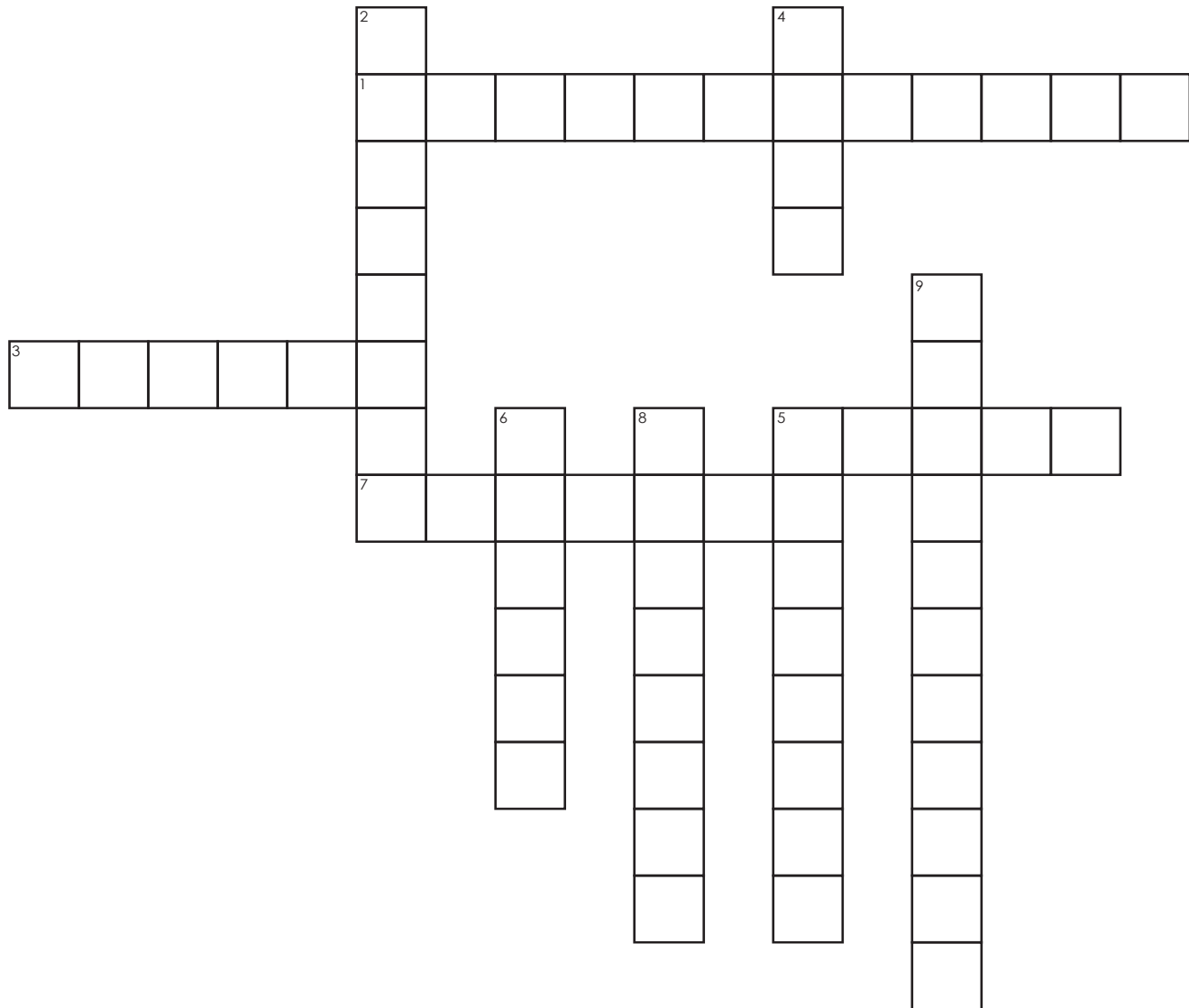
Wednesday on the Canal.
June 13: The Rock Show - Nerds Gone Wild
June 20: The Informers - ASP All Star Project
June 27: Toast - Stoneflower

Also be sure to come back to Gateway Park on Thursday for more free music during Gateway Park's Food Truck Thursday. And support local vendors and on the first Tuesday of each month local artisans will be featured.

Don't forget about the Pizza Fest in August!



June 2018 Crossword Puzzle



Across

- 1) Get involved with your child's education by developing a _____ with their teachers.
- 3) Show your pride by attending the Buffalo Pride _____.
- 5) Enjoy summer family fun by planning a water balloon _____.
- 7) _____ is a leading health risk for men.

Down

- 2) Take care of your man by understanding his _____.
- 4) Enjoy free _____ at Niawanda Park every Tuesday.
- 5) Splash into summer savings by attending a local _____.
- 6) Negotiate a raise from your boss by ensuring good _____.
- 8) Crucial spring time stocks are _____.
- 9) Be aware of _____ in your town before using fireworks.

June WNY Events

LUNG FORCE Walk: June 7th at 5:00 PM at the Buffalo Harbor State Park in Buffalo, NY. For more information, please visit <http://www.lung.org/our-initiatives/lung-force/>

2018 Komen Western New York Race for the Cure: June 9th at 7:00 AM at Buffalo Riverworks in Downtown Buffalo, NY. For more information, please visit ww5.komen.org/RaceForTheCure/

J.P. Morgan Corporate Challenge: June 14th at 7:00 PM at Delaware Park in Buffalo, NY. For more information, please visit jpmorganchacecc.com/city/buffalo/event-details

2018 Dragon Boat Races: June 16th from 7:45 AM to 5:00 PM at Buffalo RiverWorks in Downtown Buffalo, NY. For more information, please visit buffaloriverworks.com/event/2018-dragon-boat-races/

Climb Out of the Darkness Walk: June 23rd from 10:00 AM to 12:00 PM at the Outer Harbor State Park in Downtown Buffalo, NY. For more information, please visit climb-out-2018.causevox.com/team/buffalony

2nd Annual Golf Tournament to Benefit the Familial Cancer Foundation of WNY: June 29th at 12:00 PM at the Chestnut Hill Country Club in Darien Center, NY. For more information, please visit fcfwny.org.

Ongoing Events

Hamburg Farmer's Market: Every Saturday from 7:30 AM to 1:00 PM at the Hamburg Village Municipal Parking Lot in Hamburg, NY. For more information, please visit villagehamburg.com

Yoga: Every Wednesday from 5:30 PM to 8:15 PM at Buffalo & Erie County Botanical Gardens in Buffalo, NY. For more information, please visit buffalogardens.com.

Recipe
Corner

Summer Pasta Salad

- 8 ounces dry cavatappi noodles
- Quarter of a red onion, minced
 - 1/2 cup mayonnaise
 - 3 tablespoons sour cream
- 1 1/2 tablespoons cider vinegar
 - 1 1/2 teaspoons sugar
 - 3/4 teaspoons dry mustard
- Kosher salt and freshly ground pepper
 - 1 cup cherry or grape tomatoes, halved or quartered if large
- 2 tablespoons chopped fresh dill or fresh chives
- 1 ear of corn, husked and kernels cut from the cob (about 1 cup)
- 1 medium zucchini, cut into a small dice

Directions:

1. Bring a large pot of salted water to a boil. Add the cavatappi noodles and cook according to the package directions. Drain and rinse under cold water. Set aside.
2. Meanwhile, soak the onion in cold water for 5 minutes and then drain.
3. Whisk together the mayonnaise, sour cream, cider vinegar, sugar, mustard, drained red onion, 1/2 teaspoon salt and a few grinds of pepper until smooth.
4. Add the cooked cavatappi noodles, tomatoes, dill, corn, and zucchini to the dressing and stir to coat.





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