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**Is It Arthritis,
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**Smart Ways to Spend
Your Tax Return**

**Museum
Free Days**

Health, Wealth, & Happiness

Arthritis Awareness Month

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Our Mission

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

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Arthritis Facts



There are more than 100 types of arthritis.

The most common type of arthritis in adults is osteoarthritis, which affects an estimated 31 million Americans.

What is arthritis?

Arthritis is very common. It is not a single disease, but a way of referring to joint pain or joint disease. Arthritis can impact people of all ages, race, and genders.

Arthritis is the nation's #1 cause of disability among U.S. adults.



More than 50 million adults have doctor-diagnosed arthritis; that's 1 in 4 people over age 18.

Juvenile Idiopathic Arthritis is the most common type of arthritis in children.



Almost 300,000 babies and children have arthritis or a rheumatic condition; that's 1 in 250 children.

Source: Arthritis.org



Yesterday.



Today.



Tomorrow.

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In our 100 years of taking care of Western New York, much has changed within the world, the community, and even within our own walls at ECMC. But even as we prepare for our next century of delivering true care for patients and families, we know the most important thing—compassionate care for everyone who turns to us—hasn't. And never will.



Great Lakes Health System of WNY ©2017

Know the Facts About Arthritis

By Shahneel Ahmed

Arthritis refers to joint pain or joint disease. There are over 100 different types of arthritis, and it can affect people of all ages, sexes, and races. In the U.S. more than 50 million adults and 300,000 children are affected by the condition.

In fact, according to the Arthritis Foundation, arthritis is the leading cause of disability in America. Common symptoms of arthritis are swelling, pain, stiffness, and a decreased range of joint motion. Some symptoms may come and go, while others may remain constant for years and may improve or worsen over time.

One type of arthritis, Degenerative Arthritis, is caused by a decrease in cartilage. Cartilage is a firm and flexible connective tissue that protects your joints. The decrease in cartilage increases the friction between bones, causing pain, swelling, and stiffness. Over time, the joints can lose strength and cause chronic pain.

A second type of arthritis is Inflammatory Arthritis. This occurs when the immune system mistakenly attacks the joints, causing inflammation. This inflammation can ultimately lead to joint erosion. A third type is Infectious Arthritis that occurs

when a bacterium, virus, or fungus enters the joint, triggering inflammation.

There is also Metabolic Arthritis. This occurs in those that have high levels of uric acid or the inability to get rid of uric acid fast enough. The uric acid build up creates needle-like crystals in the joints, which then leads to joint pain.

Furthermore, there are a few risk factors for arthritis. One is family history, if your parents or siblings have arthritis, you may be more likely to develop the condition. Age is another risk factor. The risk of many types of arthritis increases with age. Another risk factor is previous injury to the joints.

Lastly, obesity is a risk factor for arthritis because excess weight can put stress on the joints, especially the knees, hips, and spine. Learning about arthritis and becoming educated about the treatment options, increasing physical activity, and maintaining a healthy weight are essential to preserving joint function, range of motion, and overall quality of life. The Arthritis Foundation is one nonprofit organization that can be a great resource to those affected with arthritis. Please visit them at www.arthritis.org

The Hope Chest Foundation

By Jane Rung

Hope Chest a Breast Cancer Support Organization which empowers survivors.

The goal of the organization is to provide a positive support group for Breast Cancer survivors. We offer a unique paddling program along with a distinct health and fitness program for breast cancer survivors of all ages and fitness levels. Our purpose is to inspire Breast Cancer patients to lead active and fulfilling lives through our unique physical fitness program. Hope Chest proudly offers free exercise classes and is specifically designed to meet the unique needs of breast cancer survivors. Sessions last about one hour and include an aerobic warm-up, strength training, Pilates, Yoga, stretching and relaxation. Hope Chest classes are held at the WNY locations of the BAC, see our website for more details hopechestbuffalo.org

Events

Join us for a fun day to kickoff the 2018 Hope Chest Buffalo Niagara Dragon Boat Festival at Santora's Pizza Pub & Grill- 7800 Transit Road, Williamsville! Sunday May 6th 1-4 PM *Live Music by Tim Britt*. Admission- \$10 – all you can eat pizza, Cash Bar. Free Pizza for Dragon Boat Festival team members. Join us and learn about the sport of dragon boat racing and Hope Chest breast cancer survivor organization.

BUFFALO NIAGARA DRAGON BOAT FESTIVAL

See the majestic sport of Dragon Boat Racing at the Hope Chest's annual Buffalo Niagara Dragon Boat Festival. Join us for a day of dragon boat racing and fun-filled activities for the whole family. For those unfamiliar with the sport, dragon boating is a boat of 20 paddlers, a drummer and a steer person. It is a team sport that requires power, speed, synchronization and endurance. Teams will represent local Western New York corporations, breast cancer survivors, police forces, firemen, and other community organizations. When: Saturday June 16, 2018 Time: 7:45 AM - 5:00 PM Where: Buffalo RiverWorks, 359 Ganson St., Buffalo NY 14203.

Hope Chest classes are held at the WNY locations of the BAC for Women. Visit HopeChestBuffalo.org for more details.



Is it Arthritis, or Something Else?

By Katy Siwinski

Arthritis is best described as inflammation of one or more joints within the body. Symptoms include joint pain, stiffness, swelling, redness, and decreased range of motion. Arthritis can be easily confused with other types of illnesses. If you start experiencing these types of symptoms, don't jump to conclusions! There are numerous other diseases out there that have the same symptoms. It is important to know your exact symptoms to get the proper diagnosis.

If you are experiencing inflammation of the joints, but it is better described as a dull ache with tenderness and mild swelling, you may be experiencing tendinitis. Tendinitis is the inflammation of a tendon, which is a dense collagen cord that attaches muscles to bones. Tendinitis most commonly occurs in shoulders, elbows, wrists, knees, and heels. This condition can be caused by a sudden injury, but it is much more likely to occur from repetition of a specific movement over time. This can include throwing a ball or pouring a beverage. The most significant difference between arthritis and tendinitis is the site of inflammation.

If you are experiencing numbness, tingling, and weakness in your hand, you may be experiencing carpal tunnel syndrome. This is caused by pressure on your median nerve, which runs the length of the arm, and goes through a passage in the wrist called the carpal tunnel. The carpal tunnel narrows as a result of swelling. Carpal tunnel syndrome is typically caused by repetitive motions, but can also be caused by hypothyroidism, obesity, rheumatoid arthritis, and diabetes. Symptoms for this syndrome can last a long time, or get progressively worse over time, if left untreated. Upon early diagnosis, carpal tunnel syndrome can be easily treated with a wide variety of treatments.

If you are experiencing widespread musculoskeletal pain, as well as fatigue, memory, and mood issues, you may be experiencing fibromyalgia. The pain associated with fibromyalgia is often described as a constant dull ache that lasts for at least three months. For it to be considered widespread, the pain must be on both sides of the body, as well as above and below the waist. Many patients with fibromyalgia have sleep disorders, such as restless leg syndrome and sleep apnea. Fibromyalgia can also be a link to migraines and various joint disorders. With proper therapies, medications, and lifestyle adjustments, fibromyalgia is highly treatable.

If you are experiencing fatigue, a fever, joint pain, and a butterfly-shaped rash on the face, you may be experiencing lupus. No two cases of lupus are the same, and symptoms can be sudden or slow developing. Most people with lupus experience episodes of symptoms that will ultimately improve or disappear. Lupus is best described as the immune system attacking healthy tissues in the body, which is considered an autoimmune disease. Causes of lupus involve genetics and the environment around you. Potential triggers of lupus include sunlight, infections, and medications. Contact your doctor immediately if you begin experiencing any of these symptoms.

Many of the illnesses described above can be caused by arthritis, but not all illnesses described are arthritis. It is important to recognize that many of the above mentioned diseases have overlapping symptoms and identify which group of symptoms belongs to each ailment. If you are experiencing any of the symptoms listed above, please consult your doctor before taking further action.



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Mental Health Stigma

By Sue Perbody

Born in a country and culture where going to a psychiatrist meant that you're "crazy", I thought the same way. I thought that people who went to a psychiatrist were making stuff up and were just seeking attention. And that they didn't want to do their chores and were making excuses left and right to avoid them. I thought that depression and anxiety were just excuses. This was my mindset when I was suffering from them. I moved away for college far away from my hometown and it was a big change for me. I was completing a degree that I really liked. I left behind my friends of 21 years and a lot of extended relatives who I was very close with, they were practically my immediate family. It was very hard for me to deal with that. My parents moved as well and seeing them struggle for me, caused me to internalize it. The guy I was in a relationship with at that time was from my hometown too. Our long-term relationship was in jeopardy.

I felt that I had no purpose in life and that I was better off dead. I started to feel that I was dead weight on my parent's shoulder. I felt that they were only worried because of me. I was in the deep end of a pool of severe depression. I couldn't ask anyone for help because I feared that I would be labelled as a crazy person. I didn't want anyone to think low of me. I was determined to complete my degree and make a name for myself. While at school, I started taking sleep medications. I worked a job on campus so I could buy these over the counter medications. I was taking Nyquil every night to put me to sleep. It made me miserable and I started to become aloof. I would not talk to anyone and I just hid away in my room. I would not participate in any activities at home and if someone would ask me to I would become very upset. My nature changed and everyone in my family was noticing it. This went on for three to four months and one day while at school I decided that I was going to end my life. I will do something that will close my book and this would be the last chapter in my life. I sent my favorite teacher an email saying that I won't be able to make it to class because I didn't feel well and that I was so upset and that I should kill myself. My teacher being the amazing person he was, called me and asked me where I was. I told him I was in the school library. He informed the school health center and they called an ambulance. I was taken to the hospital.



By the time I reached the hospital I had passed out because I had no energy because of my depression. They put me in a psych ward where I couldn't meet my family. My dad who got a job in a different city traveled right away so that he could see me. I was in that ward for five days. I was hooked up on different medications and I was subjected to a few therapies. Even today when I think of that time I feel like it was a nightmare. To cut the story short I was on anti-anxiety pills and anti-depression pills. I gained weight. I struggled at school and went through the worst breakup.

If I didn't get the proper treatment that I did I would have been history by now. I don't share this part of my life with hardly anyone because there are still many people who will judge you for getting help, but I know that mental illness is a disease. It is something that needs treatment and people who do go through it know that it is very hard. I still sometimes struggle with depression and anxiety, but I believe that it is normal, and I know that I'm not "crazy". I learned it the hard way, but I believe that we should be open about mental health. We should have open discussions in schools, workplaces and homes to help all of those that are afraid to get help. And we shouldn't judge anyone for their illness because it can be treated and cured. I am living proof of that.

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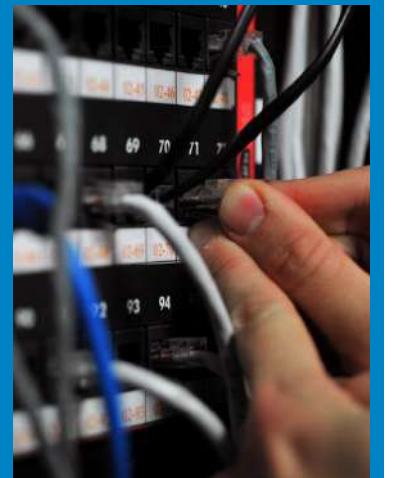


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Merger Implications

By Webster Tilton

Many huge companies are considering mergers to become even larger companies. The vendors and service providers that we turn to for our daily needs are now fewer in number, and individually much bigger and more powerful. In theory this could bring some prices down, which would be nice. But an absence of competition tends to raise prices and lower quality. So, who is merging with who and what can we look forward to and or brace ourselves for in the coming months?

Apple is considering buying Netflix: The Republican tax-reform bill included the famous one-time allowance for companies to return overseas cash to the United States. The widely held belief among investors is that Apple will soon move to buy Netflix with this huge windfall. While this merger is hypothetical at the moment, if it happens it could mean significant changes to what consumers have available to watch, and possibly a change to subscription fees.

Amazon might buy Target: Amazon has recently bought Whole Foods in order to increase its already massive consumer supply presence, and Target is rumored to be next. If this does indeed happen then there are some interesting implications. For starters, you'll probably be able to pick up Amazon orders at Target locations (in addition to the various other "Amazon Lockers" and Whole Foods itself). Amazon and Target's

inventory will either become the same thing, or at least highly interchangeable. Their increased purchasing power could also lower prices. But then again Amazon is already such a juggernaut that they do more or less as they please. As the juggernaut gets bigger and bigger it will be harder and harder to restrain them.

Hulu's fate is uncertain: Recently, Disney spent \$52.4 billion to buy a huge amount of intellectual property and other entertainment assets from 21st Century Fox, including its 30% share of Hulu, to add to Disney's existing 30% share. Comcast owns 30% and Time Warner owns the remaining 10%, but 60% gives Disney a controlling interest. The immediate implications are that Disney will be calling the shots about what is and what is not available on Hulu. The company's politics may determine what consumers do and do not get to watch. There are certainly other services: Netflix, Amazon Prime, VUDU, etc.... but switching services (or adding one) can be an expensive inconvenience.

These are just a few of the bigger mergers which may take place soon. The implications are vast and have a strong potential to impact the lives of everyday people. Those who want to know what their service providers are planning are well advised to keep their eyes open, and an ear to the ground.



Smart Ways to Spend Your Tax Return

By Canney Savanney

The dreaded tax season is behind us and now we can breathe a sigh of relief. You are either feeling one of two things: ecstatic that you received money back from your tax filings or annoyed that you owe even more taxes. Hopefully, you were one of the many who received a refund and now it's time to think about what you are going to do with that extra cash. Here are some smart ways to spend your tax return.

1) Pay off Your Credit Cards

This isn't anyone's fun or first idea when they see their tax return hit their bank account as we would all rather spend it on new things than pay for things we already bought. The benefit of paying off your debt will be less interest charges that will save you money in the long run.

2) Pesky Student Loans

Most people who go or went to college today have a loan or two from a private lender or the federal government. Start early in chipping away the debt, paying off as much as you can to avoid accumulating mountains of interest. Interest is a killer when it comes to anyone's financial situation, it can make going into debt even harder to get out of.

3) Fix up your Home

Do you have a project that needs to be done around the house that you've been putting off? Your tax return can give you the opportunity to improve your house's value and make you smile every time you see your finished project. Fixing up your house can be a fun way to learn something new and be proud to accomplish something with your own two hands and elbow grease.

4) Donate to a Charity

Perhaps you are financial sound and would rather have your tax return do some good than sit in your bloated bank account. Helping those who have less or struggling financially will warm your soul as you'll know you are bettering the lives of others. Do some research and find a charity that supports a cause you like and give! You will feel better knowing your money went to help someone who really needs it.

5) Take that much needed vacation

You've been working round the clock and need some much needed R&R. Treat yourself! You may not get a refund every year so plan a vacation to a destination you've been dreaming to see. You will be thanking yourself for the new experiences and memories you created when you finally return to the work grind.

There are many more things you can do with your tax refund than I listed here but hopefully this will put you on the right track! Enjoy the money that the government returned to you, you worked hard for it and deserve every cent you got back!

Have a topic you would like your favorite Savvy Shopper to cover? Email submit@yourhwh.com and let me know what you would like to hear about next!

Home & Renter's Insurance

By Timothy Kelheart

Ever think that you're not living in the best of neighborhoods? Has there been recent criminal activity down the street or are you just worried about the increase in burglaries during the summer months? There are several ways to protect your wealth and home or renters insurance might be one of them.

Home and renters insurance can put your mind to ease for a small monthly rate that could be used to replace your belongings after a burglary. The FBI reports that burglary is the most common threat to our home. With a home burglary occurring every 13 seconds in the U.S. it is no wonder why people are afraid for their belongings. Most break-ins occur during the day when occupants are away from their house or apartment. Even more shocking is that the majority of break-ins are committed by people who live nearby in your own neighborhood. It is reported that a typical burglar lives within two miles of the target home which allows them to learn your habits and to figure out when you're not there.

Home and renters insurance might be a good option in the short run but investing in your community is a better idea in the long run. If you support your community, your community will support you! Buy local, shop at all the local shops and restaurants and join any community based organization. We are all in this together and if can help our fellow neighbor that could be the burglar next door than they might not rob you or anyone else within your community making it a safer and happier place to live and have a family.



May Flowers: Gardening for Everyone

By Oliver Clarke

Horticulturists know that gardening has incredible health benefits! Besides the obvious nutritional benefits of growing your own, fresh food and herbs, gardening is a mild to moderate exercise, and can help with mental conditions too. The presence of plants is well-known to reduce stress and increase happiness, thereby reducing anxiety and depression. Additionally, large gardens set up with circular paths can help dementia patients, and plants chosen for their colors and textures may even provide an excellent experience for those with sensory difficulties.

But not everyone is physically able to spend time on their hands and knees in a traditional garden, and some people have a "black thumb," and end up with dead plants, no matter what they do.

For those with physical limitations, a little forethought and construction is necessary. If the gardener can bend and reach from a seated position, "container gardens" are an excellent choice. Buy deep plastic storage tubs, drill holes for drainage in the bottom, and set them near a water source, such as a hose, to minimize carrying a heavy watering can; from there, set them up as if they are raised gardening beds.

If the gardener can stand, a vertical wall garden may be a good choice. Any type of container can be mounted onto a

wall or fence. Tomatoes can even be planted upside down, so their fruits are within easy reach.

Finally, if the gardener is a wheelchair-user, raised beds can be constructed on tables, and the gardener can use long tools such as barbecue forks to reach the plants. In this instance, it may be useful to have an irrigation system that does not require much physical movement on the part of the gardener, beyond setup.

As for the black thumb... gardening experts say there is no such thing, only a lack of knowledge. There are many resources online and in print for beginner gardeners that will teach you all the basics and keep your plants happy and alive.

For now, keep in mind that the biggest mistakes new gardener make are poor watering habits, and taking on too much work. Learn the signs for under-watered and over-watered plants, and find a happy medium. Start with just a couple easy house plants, such as a spider plant, a snake plant, or a dracaena. Keep a closed container of water nearby so it is easy to water when you remember to do so, and keep in mind that plants are used to rainy days and sunny days; soak the soil occasionally, and let it dry on other days.

Go forth and celebrate spring with some beautiful plants!



The Research on Parent Involvement is Clear

By Kristin Scholz

When parents are involved in their children's education, children are more successful in school. Parent school involvement has many benefits.

Benefits to students:

- More positive school attitude
- Fewer discipline problems
- More homework done
- Less truancy
- Greater academic success

Benefits to parents:

- More positive attitude toward school and staff
- Better understanding of the curriculum
- Increased confidence in their child's teacher
- Ideas from teachers on how to help their children

Story Continues on Page 12

Museum Free Days

By Lauren Antkowiak

Free Fridays in Buffalo are back! Hosted by M&T Bank, local museums and art exhibits are giving visitors free entry to immerse yourself in all the culture and art Buffalo has to offer. Free Fridays offers several locations across Buffalo to attend and we'll let you know what location is free on which given Friday!

At the Albright-Knox Art Gallery, experience exhibits such as "Introducing Tony Conrad: A Retrospective," which details the life of a former University of Buffalo professor, and "Picturing Niagara", which depicts how others view this natural wonder. You can also look forward to free artmaking activities inspired by these and other exhibits in the museum, family-oriented tours, studio art classes for adults, gallery talks, film screenings, and games. The Albright-Knox has different exhibits and activities going on all year round, so be sure to check back the first Friday of every month for more fun and exciting events.

Visit Burchfield Penny Art Center for a one-of-a-kind exhibit. "Front Yard" is the world's first permanent and environmentally-responsive outdoor audio/visual experience. It runs 24/7 every day of the year and changes as the seasons change to create different experiences. The museum is dedicated to the art and culture of Western New York, so expect to be amazed by what local artists display. Also, be on the lookout for gallery

openings, programs, performances, concerts, film screenings, classes, workshops, and tours. Join in on all the Burchfield Penny Art Center has to offer for free on the second Friday of every month.

The Buffalo History Museum houses exhibits and artifacts showcasing the development of Buffalo. Check out the limited time exhibits Icons: "The Makers and Moments of Buffalo Sports" and "Inside Tim Russert's Office: If It's Sunday, it's 'Meet the Press.'" Here you can take a walk through the history of Buffalo sports and learn more about a former NBC newsman who supported his hometown on a national stage. You can also tour the museum and participate in activities along with free admission to the Resource Center. The Buffalo History Museum hosts these events and more the third Friday of every month.

To see works on display from regional, national, and international artists, the Buffalo Arts Studio is the place to be. The Buffalo Arts Studio offers affordable studio space to the public and fulfills its mission to connect artists with the community through classes, workshops, and public art projects. Experience these amazing exhibits with guided tours and extended gallery hours. All of this and more is available the fourth Friday of every month.

Story Continued from Page 11

Benefits to teachers:

- Higher student achievement
- More homework turned in
- More motivated students
- Fewer discipline problems
- Greater support from parents

So What Does Parent Involvement Mean to You?

"But I'm too busy to volunteer at school!" Does this sound familiar? Many parents feel that to be involved in their children's school they must be physically present in the school.


Although helping out in the classroom, going on field trips, and attending parent-teacher association meetings are positive ways to be involved in school, many parents have limited time.

That doesn't mean you aren't or couldn't be involved.

Parent involvement can mean many things, for example:

- Expecting your child to succeed in school.
- Making sure your child has had a good night's rest. (Preschoolers/elementary need 10-12 hours. Preteens need 9-11 hours. Teens need 8 ½ - 9 ½ hours).
- Giving your child a healthy breakfast before school.
- Looking through backpacks and reading notes from teachers and school staff.
- Making sure you let your child know that he/she is special.
- Communicating with teachers about concerns or problems.
- Making sure your child has the time, space, and materials to get homework done.

EPIC
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Treat Mom on Mother's Day

By Kallie Fasciana

It's finally spring! But while winter is lurking in the shadows ready to give us one more blanket of snow, Mother's Day is fast approaching. We must all take a moment, small or large, to share our appreciation for the people who sacrificed and suffered to bring each one of us into this world. We all show our love in different and exciting ways, so here are a few ideas for what to do for your mother if you're stumped.

Dinner

This seems like a given, but you'd be surprised by how many people don't think of dinner as an option. Take her out to her favorite restaurant, or maybe even show off your own cooking skills and present her with some homemade fine dining. Pay her back for all the meals she's prepared for you over the years and treat her to something she'll love.

Flowers

The gift of flowers, everyone loves them and by now you should know your mother's favorite. Sometimes the simplest gifts can be the most effective in getting your point across. Flowers brighten a room simply by being there and give off

sweet scents that can put air fresheners to shame. Just make sure she's not allergic!

Plan an Outing

Put aside a day and plan to take your mom out. This idea is only limited by your imagination and resources, and by what your mother enjoys. The options are seemingly limitless, from a movie date to gardening to skydiving, anything is possible. That's the wonderful thing about the placement of Mother's Day; the weather is almost always a nice and warm day, making it easy to plan outings and outdoor events.

Heartfelt Gifts

Moms love sentimental gifts, something they can keep forever and cherish in the future. A photo album or scrapbook book would be a perfect heartfelt gift. Anything will work if the meaning and significance is there between you and your mom. Maybe it's a book that your mother has been looking at or a new dress. Just be sure that the gift comes from the heart, something that will show your love and appreciation for your mother.



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May WNY Events

AIDS Walk Buffalo: May 5th at 9:00 AM at Delaware Park in Buffalo, NY. For more information, please visit aidswalkbuffalo.org.

National Public Gardens Day: May 11th from 10:00 AM to 5:00 PM at the Botanical Gardens in Buffalo, NY. For more information, please visit buffalogardens.com.

Kelly Tough 12K: May 18th from 6:00 PM to 9:30 PM at ADPRO Sports Training Center in Orchard Park, NY. For more information, please visit huntershope.org/kelly-tough/.

SkyRide: May 20th at 7:00 AM at LaSalle Park in Buffalo, NY. For more information, please visit skyridebuffalo.org.

Health & Fitness Expo: May 25th through May 27th from 9:00 AM to 6:00 PM at the Buffalo Niagara Convention Center in downtown Buffalo, NY. For more information, please visit buffalomarathon.com/expo/.

A Taste of Lewiston: May 26th from 12:00 PM to 8:00 PM at Center Street in Lewiston, NY. For more information, please visit facebook.com/atasteoflewiston/.

Ongoing Events

Healthy Options Cooking Classes: May 8th, 22nd, and 29th from 6:00 PM to 8:00 PM at D'Avolio Kitchen and Sun Cuisines in Williamsville, NY. To register and for more information, please visit healthyoptionsbuffalo.com.

Good for the Neighborhood: Various dates and times at various locations throughout Western New York. For more information, please visit goodfortheneighborhood.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.

Recipe Corner



Asian Chicken Salad Lettuce Cups

Ingredients:

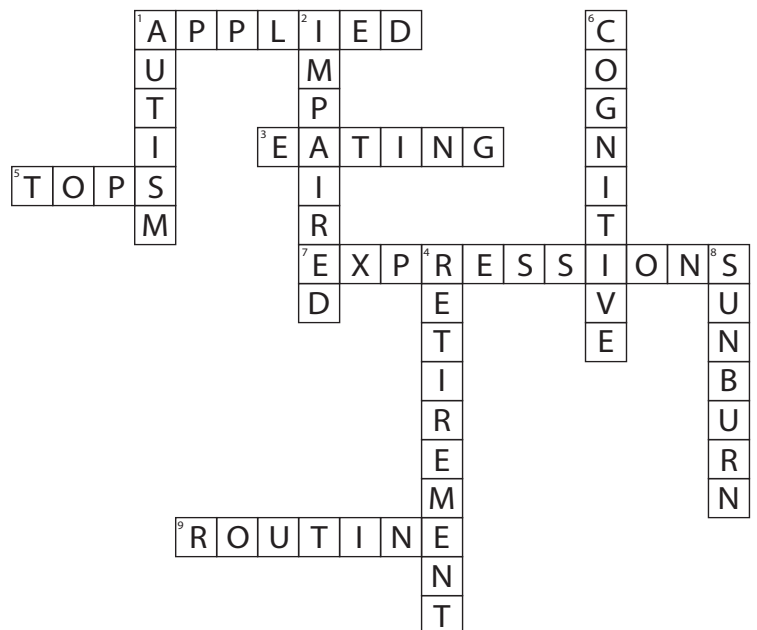
- 1 deli rotisserie chicken
- 2 medium carrots
- 1 can slice water chestnuts
- 6 scallions
- 1/4 cup of plain Greek yogurt
- 1/4 cup Asian sesame salad dressing
- 1 head Boston lettuce
- Hot pepper flakes (optional)

Directions:

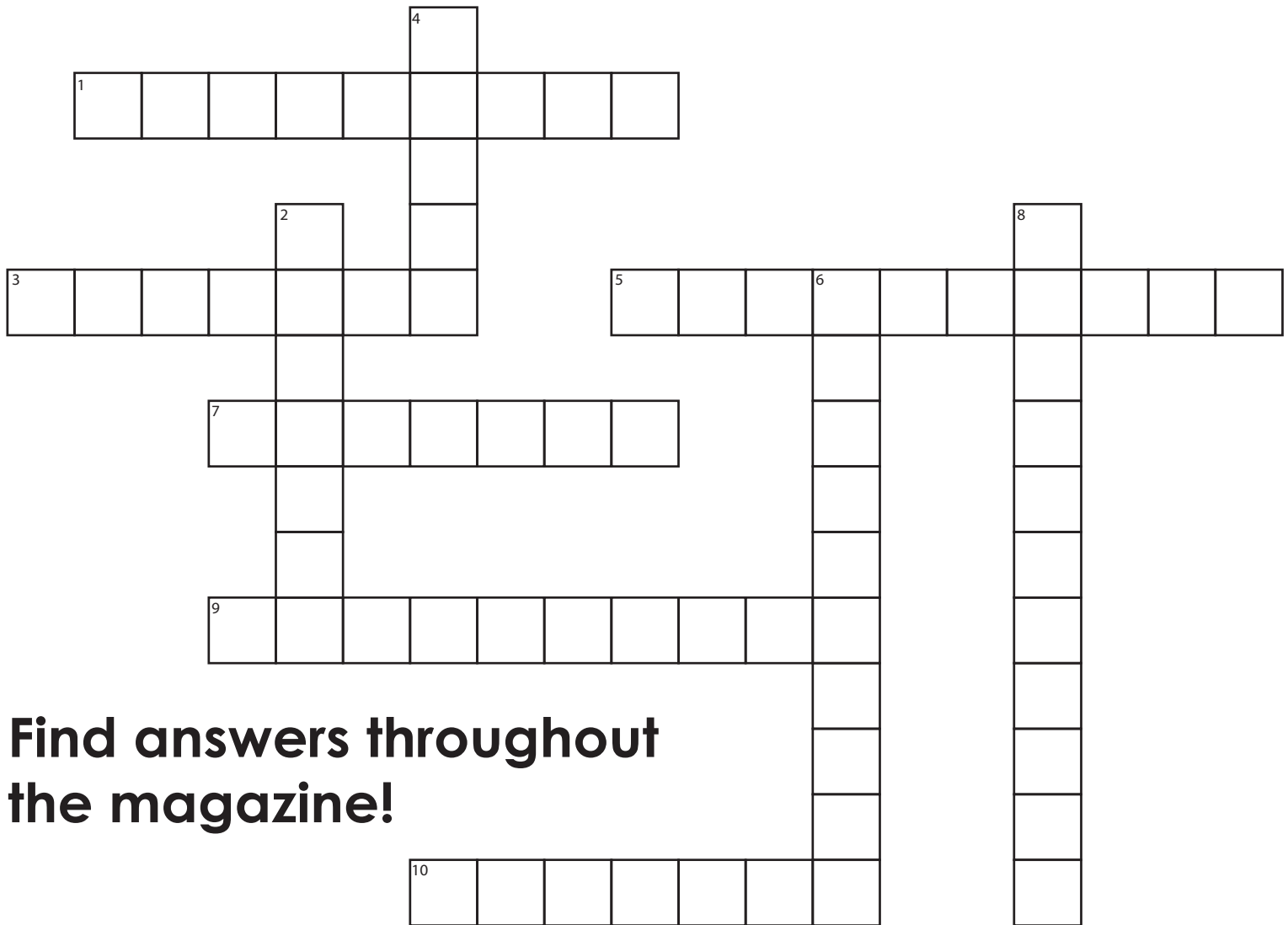
1. Remove and discard chicken skin and pull meat off bones. Tear or cut meat into bite-size pieces. Place in a large bowl with carrots, water chestnuts, and scallions.
2. In a small bowl, whisk yogurt with salad dressing; toss with chicken mixture.
3. Spoon into lettuce leaves. Sprinkle with hot pepper flakes, if using.

April 2018 Crossword Puzzle

How did you do?
Check your answers here!



May 2018 Crossword Puzzle



**Find answers throughout
the magazine!**

Across

- 1) _____ is the inflammation of one or more joints.
- 3) _____ is a risk factor for Arthritis.
- 5) Treat mom on Mother's Day by taking her to her favorite _____.
- 7) Apple is considering buying _____.
- 9) One example of a mental illness is _____.
- 10) M&T Bank hosts Free _____ across various educational platforms.

Down

- 2) Mental illness is considered a _____.
- 4) More than _____ million adults are affected with Arthritis.
- 6) If you are experiencing a dull ache with tenderness, you may be experiencing _____.
- 8) Spend your tax return wisely by paying off your _____.



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