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February 2018

**Mental Health Effects
on Heart Health**

**Budget Ideas to
Keep You on Track**

**Enjoying the Single Life
on Valentine's Day**

Health, Wealth, & Happiness

Heart Disease Awareness Month

TAKE CHARGE



Get Informed

More than 60 million Americans have some form of heart disease. Heart disease is hereditary in some cases. But in many cases, making healthy lifestyle choices may help reduce the risk of getting heart disease.

If you have more questions, you should talk to your provider.



Partner with Your Provider

To determine whether you have a heart condition, your health care provider will do diagnostic tests and procedures. If you have heart disease or have had a stroke, members of your family may also be at higher risk of having the disease. It's very important to make healthy choices now to lower risk.



Be Heart Smart

A healthy diet and lifestyle are your best weapons in the fight against heart disease. Here are healthy tips that help protect your cardiovascular system.

- ♥ Get Active
- ♥ Eat Better
- ♥ Lose Weight
- ♥ Control Cholesterol
- ♥ Manage Blood Pressure

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Always talk with your doctor(s) about the care that is right for you. This material does not replace your doctor's advice. Source: www.Heart.org.

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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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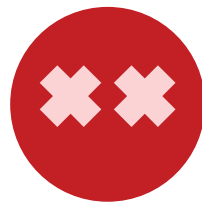
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Heart Disease

Facts and Statistics

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Approximately every 40 seconds, an American will have a heart attack.



Heart disease is the number 1 cause of death in the U.S.

790k

About 790,000 people in the U.S. have heart attacks each year



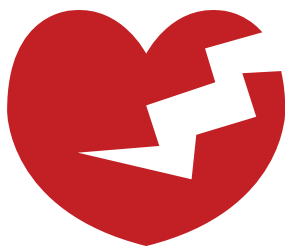
Coronary heart disease accounts for 1 in 7 deaths in the U.S., killing over 360,000 people a year.



About 92.1 million American adults are living with some form of heart disease.



Heart disease accounts for nearly 801,000 deaths in the U.S. That's about 1 of every 3 deaths in the U.S.



Heart diseases claim more lives each year than all forms of cancer and Chronic Lower Respiratory Disease combined

Source: <http://www.heart.org/>

Heart Disease: A Personal Experience

By Tehniyet Azam

Heart disease is something that is not taken seriously until it hits home. Personally, I took it very lightly until I was wheeling my grandmother in the emergency room with all kinds of machines attached to her; the paramedics told the emergency room doctors that she was having a massive heart attack.

May 31st, 2011 was one of the most horrible days for us because that was the day when all the problems started for my grandmother who I was very close to and at that time I couldn't imagine my life without her. That day I learned to never take any symptom lightly and especially for women; heart attacks are silent killers. I went to visit her in Chicago as she called me two days before and told me that she misses me and wants to see me. I took the next flight out and was there in no time.

She had not been feeling herself when she called me to come visit her and in the morning of May 31st she was feeling very lethargic. She complained about having no energy to do anything which wasn't like her. My grandmother was the type of person who was always energetic, who would get dressed up, have her makeup on, and was on the go but that day she wasn't feeling it. She didn't even go to the table for her breakfast; she wanted me to bring it to her in her room... I asked her if she wants me to drive her to her doctor and get her checked out. She refused. She just wanted me sitting with her and not to go anywhere. As the day progressed she started to feel stomach cramps. At that time she just took her

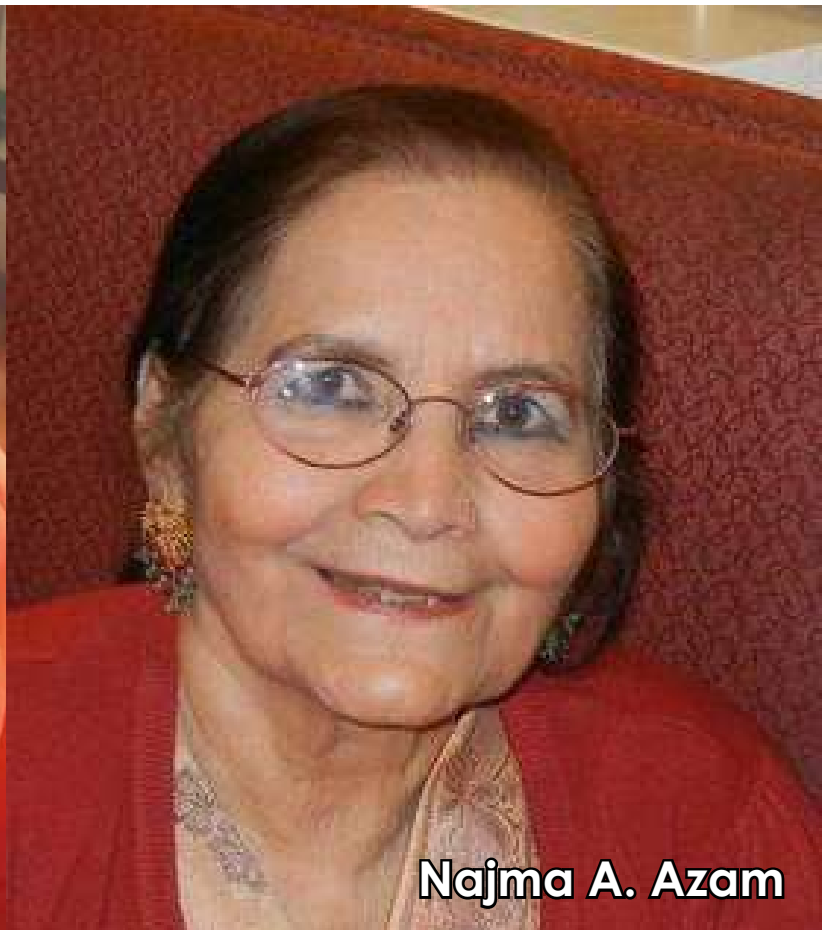
stomach medications and didn't let me or my uncle take her to the hospital. She thought it was food she ate last night. Her stomach pain continued and she started gagging and passed out. That's when I had to call the ambulance and get her to the ER.

To this day I feel bad that I let her do what she wanted instead of calling for an ambulance sooner. She was having heart attacks all day and this one was massive. As soon as the paramedics arrived they hooked her up to all kinds of machines and I went to the hospital with them in the ambulance. The doctors tried their best and had to take her for an emergency CABG (Coronary Artery Bypass Graft). Her heart was damaged and it was becoming difficult for the surgeons to fix it. They had to keep her open because she had a sternal infection that came up and she was in medically induced coma for days. I couldn't leave her bed side because I knew that this was the last time I would see her. She later developed complications, contracted ARDS (Acute Respiratory Distress Syndrome) and on August 19th 2011 she left for the heavens, leaving us behind.

The last thing she told me before she passed out was that she wanted to see me before she left this world and I was happy to have been there for her. Heart disease is a killer, please take care of your health and your loved ones because when they leave that's when you realize who they were and how much they truly meant to you. It has been more than six years and I still feel guilty for not calling the ambulance at the right time.



Tehniyet Azam



Najma A. Azam

5 Tips for a Healthy Heart

By Shahneel Ahmed

Improving and maintaining a healthy heart is essential for living a healthy lifestyle. The heart is the center of the cardiovascular system. It is responsible for pumping blood throughout the body, supplying oxygen and nutrients to the tissues and removing carbon dioxide and other wastes.

A human heart is roughly the size of a large fist and weighs between 10 to 12 ounces in men and 8 to 10 ounces in women. An adult heart beats about 60 to 80 times per minute and about 100,000 times per day. Each minute, the heart pumps about 1.5 gallons of blood.

Heart disease is the number one killer in the United States. However, many forms of heart disease can be prevented or treated with healthy lifestyle choices. Physical inactivity and/or lack of exercise is one of the risk factors for developing heart disease.

Therefore, exercising at least 30 minutes a day on most days of the week or 150 minutes of moderate-intensity aerobic activity every week can drastically improve your heart health and reduce your risk of developing heart disease. You can fit in physical activity where you can, such as cycling/walking to work, parking your car farther away, and taking the stairs instead of the elevator.

Additionally, a healthy, balanced diet promotes heart health and lowers risk for disease. Specifically, eating less salt, replacing saturated and trans fats with unsaturated fats, and limiting alcohol intake can increase heart health.

Managing blood pressure is another way to increase heart health. High blood pressure is a major risk factor for heart disease. When your blood pressure is within a healthy range, the

strain on your heart, arteries, and kidneys is reduced. Eating a healthy diet, getting regular physical activity, managing stress, limiting alcohol intake, and avoiding tobacco smoke can all help manage blood pressure and thus, promote a healthy heart.

Smoking is one of the main causes of heart disease and damages the entire circulatory system. In fact, smokers have more than twice the risk of a heart attack than nonsmokers. If you smoke, quitting is the best thing you can do to increase your heart and overall health. Also, avoiding secondhand smoke can increase heart health. Studies have shown that the risk of developing heart disease is about 25 to 30 percent higher for people exposed to secondhand smoke.

Lastly, taking care of your mental health can reduce the risk of heart disease and promote a healthy heart. People who have high levels of stress, suffer from depression, are socially isolated, and/or do not have good social support can have a greater risk for heart disease. Having good social support from family and friends and prioritizing your mental health and self-care is essential. These heart healthy tips will help you maintain a healthy lifestyle and reduce your chances for heart disease.



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Communication is Key in Online Safety

By Joseph Stabb, ABD

In our ever-expanding digital world, the risks of participating online and on social media increases. Teens, today, have access to many different tools that allow them to communicate with both known and unknown individuals locally and internationally. As parents, relatives, and friends/mentors we need to help teens learn to use these tools responsibly and be aware of the dangers and consequences that their actions can have in a digital environment.

Communication is key! According to a study by the Pew Research Center, only 40 percent of parents in the United States state that they frequently discuss what their teens should share online. Yet, according to a study by the National Cyber Security Alliance 55 percent of online teens and 50 percent of parents were interested in information regarding the prevention of online identity theft.

81 percent of teens and adults agree that people their age share too much information online. People share personal information such as home addresses and phone numbers, thoughts and feelings, videos and pictures. It is not just what your teen is sharing, but also what parents are sharing. Many parents don't realize that an online predator can obtain a lot of information about your child/teen from the photos and status updates that are shared, even if those posts are meant for other family members.

Sexting is another way our teens are sharing too much information. Sexting is the exchange of sexually suggestive

messages or images. Sexting can have life changing consequences, for both minors involved. If a minor sends a nude photo of them self or another minor, then this is considered dissemination of child pornography. If convicted, your teen could be prosecuted and labeled a sex offender for the rest of their life. Talk to your child about the possible social, academic, and legal consequences of sexting.

Information and sexting can happen on many different platforms, even most gaming consoles. Yes, your XBOX, PlayStation, and Nintendo Switch has chat, forums, voice-enabled interaction, photo/video capabilities that allow for collaboration with others gamers all over the world. Predators may send inappropriate content or use a game's communication functions to arrange in-person meetings. Be cautious of online game play and find games that have single player campaigns to avoid the unfilterable sometimes offensive language that is used in online gaming. Teach your teen not to interact with cyberbullies and have their gaming console in a family room to monitor their online conversations. Cyberbullies may harass your teen and online scam artists may promise virtual goods to get credit card information.

There are many digital tools available to help you monitor your teen's online activity. Your home internet modem can track what is being accessed. Many internet service providers give you access to tools like anti-virus, firewalls, and monitoring software. Your internet provider's customer service can assist you in setting these safety measures to protect your teen.

Mental Health Effects on Heart Health

By Katy Siwirski

For many years, doctors thought the connection between mental health and heart health was strictly behavioral. Chemical factors that cause mental health issues can trigger heart problems. There is a growing belief that there is a biochemical connection between mental health and heart disease, according to the American Heart Association. Nieca Goldberg, M.D. states that stress can increase hormones like adrenaline and cortisol, and can impact your blood pressure and heart rate. These factors work in both directions. Having heart disease can cause depression and anxiety. It's more complex than not wanting to eat or drink anything. The individual doesn't have the energy to get out of bed and go to appointments, and complete other daily tasks needed to regain a good physical health.

There are a variety of effects that heart disease has on those who suffer from it. According to the British Heart Foundation, 77 percent of those with heart disease have felt anxious from their

disease. Nearly one third of people said their condition has affected their ability to work. Depressed patients with heart disease have death rates twice as high as those who do not suffer with similar issues. Depression isn't the only factor linked to heart complications. There are also links with anxiety, bipolar disorder, and schizophrenia. If you put a patient through the procedures needed to ease cardiac problems, it can worsen psychiatric symptoms due to the additional stress factors.

Despite all the trauma and stress factors, the most important thing to know is that there is help out there for people who are suffering with these issues. If you are suffering from any factors of depression or anxiety, do not be afraid to seek help. You may feel alone, but I promise there is somebody out there that can relate and help you in your situation. If you have a family history of cardiac problems, speak with your doctor about steps you can take to ease possible complications. Visit www.heart.org for additional information on the human heart.

Savings Account vs. Certificates of Deposit

By Timothy Kelheart

When it comes to saving money and gaining interest on your savings it is important to know the different benefits you can get with a Savings Account vs. a Certificate of Deposit (CD).

A Savings Account will allow you to have 'unlimited' access to your money and you can move it at any time, but with this freedom to take your money at any time you will receive very low interest rates. If you are simply trying to hide money from yourself in a saving account versus having it in a checking account that can easily be accessed for anything you want to buy than this might be the preferred option for you. If you can commit to putting money away and not having access to it for a higher interest rate than CDs are a better option for your money.

CDs can give you a high interest rate to have your money stay at the bank or credit union for a set number of years, 2 or 3 is typical but it can vary by what the financial institution offers. By committing your money to a set time period you can receive a higher interest rate than you would with a Savings Account. Make sure to read the fine print; if you need to pull your money out of a CD before it reaches maturity (the time the CD lasts for) you can get hit with several high fees that will likely result in you getting less money than you put into the CD when you started.

Short Term Saving Options vary in the saver's ability to access their funds and the interest the financial institution is willing to give the saver for their deposit. If you can put your money away and do not touch it for a few years than a CD is the better option as the interest will be worth it. On the contrary if you need access to your savings and are not able to keep your hands off your money than a Savings Account is right for you! Before you make a decision take the time to consult with your bank and find the best suited option for your hard earned money.

The Sweetest Savings For Your Sweetheart

By Canney Savanney

So, the most loved and hated day of the year is fast upon us, Valentine's Day. What is a girl or guy suppose to do? Money's tight and you just want your significant other to be happy. Well here are a few things you can do to make sure you have the sweetest holiday.

Go Out After the Holiday

Going out on the actual holiday quite frankly can be overwhelming. Restaurants are cramped because of overbooking and there is nothing intimate about feeling like a squished sardine in a can.

Buy Your Gift After the Holiday

A good chunk of the time, people are not able to celebrate on the actual holiday depending on what day of the week it falls on. So, use that fact to your benefit. Get up early and go to your local store and pick out those 50 percent plus off chocolates and plush toys for your sweetie. Why pay full price if you are not going to see them on the actual day? But at least make sure you make some effort on the actual day like send them a card to work so they get it and know that you are thinking of them even though you cannot be with them.

Date Night at Home

Come up with a bunch of date night ideas and write them on a popsicle stick and put them in a mason jar. Shake it up and have your significant other pull a popsicle stick out without looking at it, then take it and plan the surprise for them. Home cooked meals are always a crowd pleaser (if you cannot cook, pull a Mrs. Doubtfire and order in some catering quickly!)

Valentine's Day is supposed to be spent with the one(s) you love and care most about. Make sure it does not break your bank account, but still make sure it brings a thrill to their eyes and heart. Even flowers still do the trick for anyone who thinks that may be too old fashion (Aldi's has very fantastic prices on flowers on a regular basis too.)

Stayed tuned for more from your favorite Savvy Shopper!

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Budget Ideas to Keep You on Track

By Webster Tilton

Much as it pains us to admit it, most of us aren't rich. We need to structure our spending to make sure we don't go over budget and run out of funds. With that in mind here are some simple ideas for how you can reduce your expenses and stay financially healthy:

Don't eat out. There are many reasons not to eat out, not least of which being the fact that fast food is essentially poison. But it's also expensive poison. A single meal will run you anywhere from \$8 to \$10, and considerably more if you go to a sit-down restaurant. Buy real food at a grocery store and prepare it yourself. Bring your lunch to work and go home for dinner.

Upgrade your home insulation. Heat costs money, and thus a poorly insulated home is dumping money out the window. The thought of the cost of hiring a professional might make you cringe but your bill from National Fuel will be far worse. There are also some cheap, effective things you can do yourself. Any hardware store or home store will sell plastic window insulation sheets. You cut a piece to size, seal it around your window with double sided tape, and then shrink it with a hair dryer or a heat gun. Instant savings.

Take the time to get a tune up, for yourself and your car. Preventative maintenance is a hassle because it costs money and usually requires you to take time off work. But neglecting your annual physical or your regular car tune ups only invites more expensive trouble down the line.

Comparison shop. Again, this takes time out of your day and can be a hassle in its own right, but the benefits are obvious and enormous. Many companies make a killing off of people who simply don't bother to look around and see if they can get the same service cheaper somewhere else, or if someone else has that same item on sale. The internet is the great equalizer between customers and vendors, use it to your advantage. Many comparison shopping websites already exist and do it for you, effectively removing all of the effort (and any excuses for not doing it.)

Most important of all: be serious and disciplined about following these tips. All of the above tips are obvious, well known methods of saving money. But we're often too busy, or too lazy, or too set in our ways to take advantage of them. In the end nobody but you can make this happen, so there's nothing to it but to buckle down and make the effort.

The Search for Love

By Kallie Fasciana

It's that time of year again, where single men and women storm the streets in search of that special someone. There are currently 110.6 million unmarried adults in the United States alone, and with those kinds of numbers it is certainly more than possible to find someone to spend the most romantic day of the year with. While dating sites and apps are becoming more and more popular, sometimes it's better to meet someone naturally so you can grow into a relationship rather than having a screen telling you who's your perfect match. Finding someone organically can easily be done, as you may not even have to go much further than the places you normally go to (maybe leave the bar scene as a last resort).

Visit Your Local Coffee Shop

Nowadays, people of all sorts flock to cafes and coffee shops for their daily intake of caffeine. This makes coffee shops a perfect place to meet your special someone. Maybe it's the person you see run into the shop just as you're leaving every morning, or the one who shares a similar taste when it comes to ordering. Make sure to say hello, and see where this shared thread leads to.

Volunteer

Volunteering is good for both the community and for one's piece of mind. As such, meeting someone through your local community service group can lead to forming a strong bond crafted through a shared common interest and a similar work ethic.

Libraries

Libraries are meant to be quiet places; however, this doesn't mean it can't be a social experience. You might see someone reading your favorite book or something you've been meaning to pick up. Gather up your courage and engage them in a conversation. Most relationships are built upon similar interests, so see if the two of you have anything else in common. Maybe



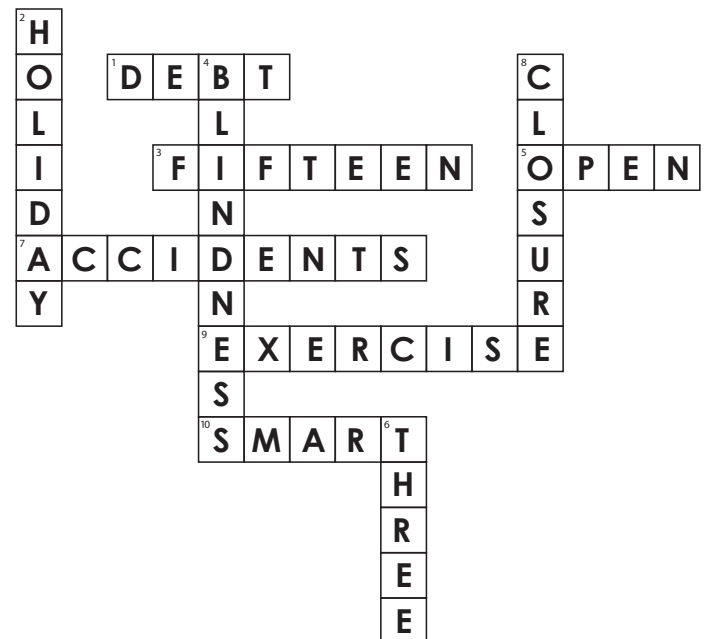
you might be able to give them some recommendations or they might even have some for you!

Gym/YMCA

Working out and keeping up a healthy lifestyle is important, so looking for someone who shares your mentality on fitness is vital. And it can be as easy as exploring your local gym. Take a class, chat up the people around you before the session and during cool down. Hopefully this will lead to you finding someone who shares the same love for routines and activities, or even to someone who can help you better yourself in an area you want to improve. Remember, the best relationships are found by finding someone who wants you to be your best self and vice-versa.

These are only a few places where you could possibly look for your valentine, as the options are truly limitless. Just remember that even if you end up being single for the holiday, the time might not be right for you to be in a relationship. Timing is everything, and eventually everything will work out, although not everything will happen exactly like you may think it will. Happy Valentines everybody!

January 2018 Crossword Puzzle



How did you do?
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Enjoying the Single Life on Valentine's Day

By Katy Siwinski

Valentine's Day originated as a day to celebrate and honor one or more early saints named Valentinus within the Western Christianity. It became associated with romantic love in the 14th century when the tradition of courtly love flourished. Hand-written valentines like greeting cards began in the 18th century. Valentine's Day is a day to honor and celebrate time with your loved ones. This doesn't mean it is limited to your significant other! There are plenty of ways to enjoy Valentine's Day and celebrate the holiday of love.

Make Valentines for your Closest Friends:

Your friends are an important factor in your life. Take this day to remind them how much they mean to you. Create hand-crafted valentines for your closest friends to show how much you cherish their friendship. Are you not very creative and crafty? Go to the store and buy some pre-made valentines to write a warm, personalized message to give to your friends! Remember, it's the thought that counts the most.

Go on a Friend Date:

You're definitely not the only person that's single on Valentine's Day. Find another single friend and go out on a friend date! See a movie, go out to dinner, or explore the town. Based on personal experience, friend dates are very successful in bringing smiles to our faces. My single friend and I went to Pizza Hut on Valentine's Day, and had a blast! We bought each other cards and reminded each other how much our friendship means to the other. Not all dates have to be cute and romantic. Cherishing your friendships is just as important.

Stay Home and Have a "Me" Day:

Are you a rather shy person? Are you an introvert? Take this day to yourself and stay home and reflect on your own self-love. It is important to love yourself before you can fully love someone else. Take this time to reflect on your well-being. Are you happy? Are you ready to celebrate this holiday with someone else? Do you have no interest in a significant other, and want to stay single forever? Do what you love, do what makes you happy.

Spend the Day with Family:

Take this day to reflect on and enjoy time with the people that mean the most to you. Friends and significant others can be temporary, but family is forever. Rent a movie and watch it with your parents. Get together with siblings and go out to dinner. Are you tight on money? Most people have Netflix or Hulu for movies and TV shows. Find a new movie, or watch an old classic. Not a big movie junkie? Get together and look through old family photo albums. Reflect on the memories that mean the most to you.

Valentine's Day is a day of love and happiness. Even if it is commonly celebrated with a significant other, there are plenty of ways to enjoy the holiday without a special someone. Take this day to get out and enjoy what you already have in your life, instead of grieving on what you wish you had.

Happy Valentine's Day!



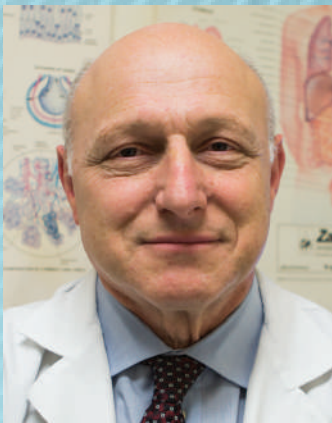


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10 Date Night Ideas

By Lauren Antkowiak

Planning a date night can be a tough task. You don't want to have the same date over and over again and coming up with something different can be a challenge, especially with Valentine's Day right around the corner. Luckily, we have you covered! Here is a list of 10 fun and unique date night ideas for every type of person, whether you are a homebody, outdoorsy, adventurous, or old-school, that take full advantage of what the Buffalo area has to offer!

1. You can never go wrong with the classic dinner and a movie, but you may find it more interesting if you mix it up a little. Instead of a movie, go ice-skating or curling at Canalside then head to dinner at Buffalo Riverworks and see how Buffalo is redefining its waterfront.

2. Nothing says fun like staying home in your pajamas. Have a movie marathon, binge your favorite tv show, or start watching a new show which will lend itself to future date nights.

3. Make a personalized scavenger hunt to explore the places that holds special meaning to your relationship. Reminisce about your past and end the night at someplace new where you can think about your future together.

4. For some outdoors fun, take a trip to hills of Holiday Valley for some snowboarding, skiing, and tubing. To end your day, surprise your date with a romantic cuddle by the fire.

5. If artsy dates are your style, find a local Painting with a Twist. You don't have to be a professional artist to enjoy this date night; take pleasure in the art you and your date create.

6. If jeans and a t-shirt are your normal date attire, change it up by getting all dressed up for a reservation at a fancy restaurant and get tickets to the theatre.

7. Plan a throwback night with some of your favorite childhood games, movies, tv shows and music. Find embarrassing photos to reminisce about and share childhood memories.

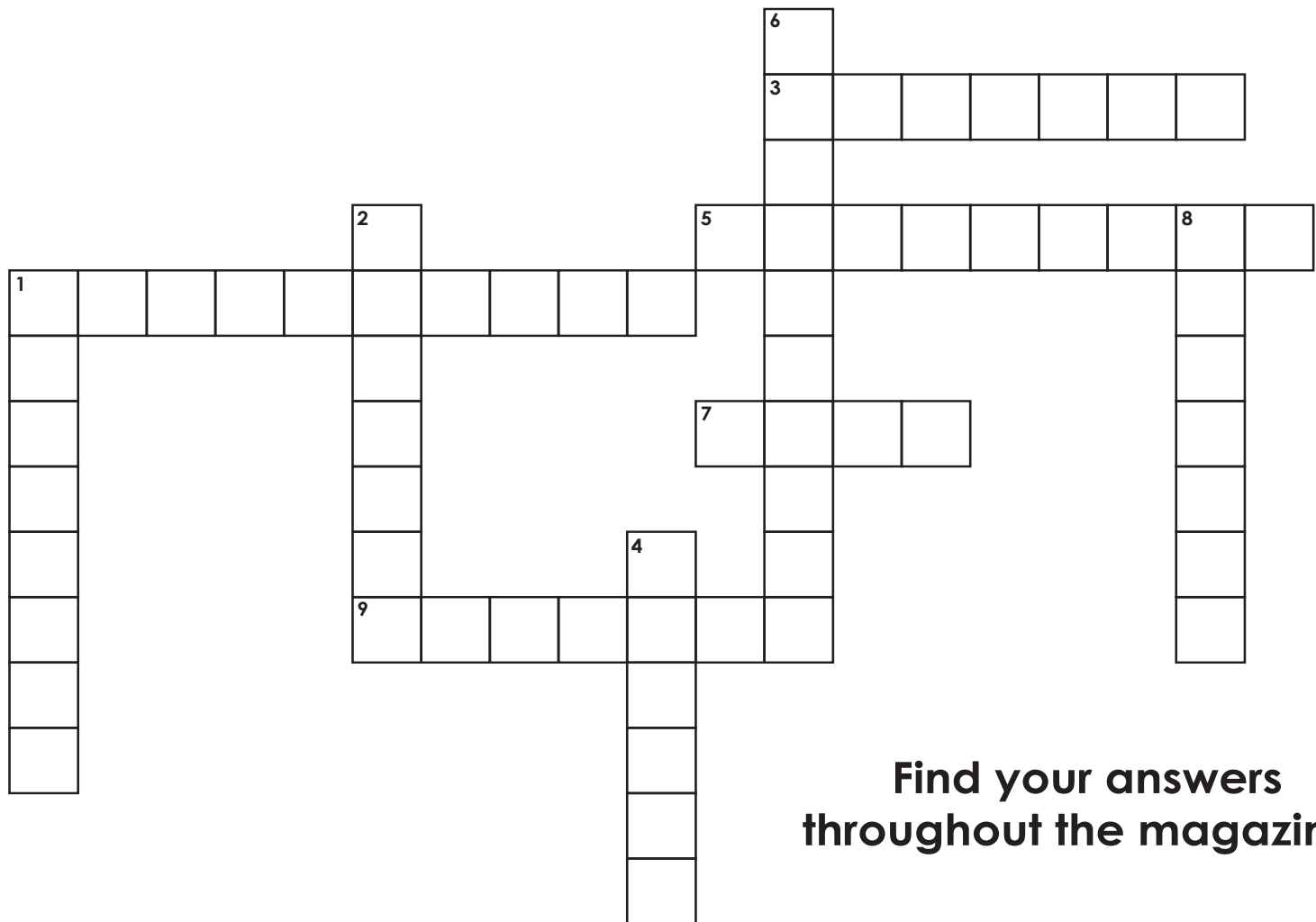
8. Don't let the winter months interfere with your hiking; head to Beaver Meadow Audubon Center. Rent snowshoes and travel the 324-acre nature preserve with over 8 miles of trails.

9. Change up Sunday brunch by having Saturday brunch at Horsefeathers Market. Afterwards take a stroll through the Winter Market which is conveniently located right downstairs.

10. Take a game night date to the next level by playing board games at bars and cafes such as Aurora Brew Works and Sweetness 7 Café. Enjoy delicious food and drinks while supporting your local businesses.

Just remember, you don't have to go crazy planning a date night to impress your date. If you are relaxed and having fun, the night will take care of itself. And when in doubt, do something you've never done before; it will make your date night memorable and that much more special.

February 2018 Crossword Puzzle



**Find your answers
throughout the magazine!**

Across

- 1) Save money on heat by upgrading your home _____.
- 3) 77 percent of those with heart disease have felt _____ from their disease.
- 5) Do something you've never done before on date night, it will make your night more _____.
- 7) A healthy, balanced _____ promotes heart health.
- 9) _____ have more than twice the risk of a heart attack.

Down

- 1) Savings accounts have low _____ rates.
- 2) Each minute, the heart pumps 1.5 _____ of blood.
- 4) The heart is the _____ of the cardiovascular system.
- 6) Valentine's Day originated as a day to honor Saints named _____.
- 8) Visit your local _____ as a potential to meet someone new.

February WNY Events

Snowflake Local Living Festival: February 3rd from 10:00 AM to 4:00 PM at the Audubon Community Nature Center in Jamestown, NY. For more information, please visit auduboncnc.org.

Yoga and Snowshoeing: February 10th at 10:00 AM at the Kenneglenn Scenic and Nature Preserve in East Aurora, NY. For more information, please visit wnylc.org.

Mike Super – Magic & Illusion: February 10th at 2:00 PM at the Riviera Theatre in North Tonawanda, NY. For more information, please visit rivieratheatre.org.

Buffalo Career Fair: February 20th from 11:00 AM to 2:00 PM at the Adams Mark in Buffalo, NY. For more information, please visit nationalcareerfairs.com.

Ongoing Events

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

digiPlaySpace: All month long at various times at the Buffalo Museum of Science in Buffalo, NY. For more information, please visit sciencebuff.org.

Take Off Pounds Sensibly (TOPS): Every Monday from 6:15 PM to 7:00 PM at the Zion United Church of Christ in Tonawanda, NY. For more information, please visit tops.org.

Gentle Chair Yoga: Every Monday and Wednesday from 10:45 AM to 11:45 AM to the West Side Community Services in Buffalo, NY. For more information, please visit wscsbuffalo.org.

Recipe
Corner



Better Breakfast Pizza with Avocado & Egg

Ingredients:

- Cooking spray
- Four 6-inch corn tortillas
- 1 tablespoon canola oil or 1 tablespoon corn oil
- 1 medium red bell pepper (finely diced) or 1 medium green bell pepper (finely diced)
- 1/2 cup diced red onion
- 1 medium tomato (diced)
- 2 ounces fat-free cream cheese (cut into pieces)
- 2 large eggs
- 2 large egg whites
- 1 medium avocado (halved, pitted, mashed with a fork)
- 1/4 cup chopped, fresh cilantro (optional)
- 2 teaspoons chopped pickled jalapenos (drained)

Directions:

1. Preheat the oven to 400 degrees Fahrenheit. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
2. Arrange the tortillas in a single layer on the baking sheet. Lightly spray the tortillas with cooking spray. Bake for 6 to 7 minutes on each side, or until golden brown.
3. In a medium nonstick saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the bell pepper and onion for 5 to 7 minutes, or until the bell pepper is tender and the onion is soft, stirring occasionally. Cook the tomato for 2 to 3 minutes, or until it releases its liquid. Stir in the cream cheese. Cook the vegetable mixture for 2 to 3 minutes, or until the cream cheese has melted. Remove from the heat. Transfer the bell pepper mixture to a small bowl.
4. In a separate small bowl, whisk together the eggs and egg whites with a fork.
5. Wipe the pan with paper towels. Lightly spray the pan with cooking spray. Cook the egg mixture over medium-high heat, or until the eggs are scrambled, stirring constantly. Remove from the heat.
6. Spread the avocado over each tortilla. Top with the vegetable mixture and scrambled eggs. Garnish with the cilantro and jalapenos.

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