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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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# WinterMission: Buffalo Becoming a Four-Seasons Wellness Destination

By: Lucy Conery, Health Promotion Specialist, *The Wellness Institute of Greater Buffalo*



Buffalo, NY is infamous for its harsh winter season; people often lock themselves in away from the cold in November and we hope to see sun by the end of March. This culture around winter brings along challenges of **social isolation and physical inactivity (for starters)**, which has many negative health effects. 8-80 Cities, an organization out of Toronto, Canada is working to address these challenges by introducing the WinterMission Initiative to Buffalo (along with two other cities in Wisconsin and Colorado) in order to make our city a Four-Seasons Wellness Destination where residents enjoy their winters!

After surveying Buffalo citizens on what they prioritize, the WinterMission team prioritized social isolation, physical inactivity, and the factors directly and indirectly affecting these challenges. Sidewalk snow clearance and low awareness of programs/activities during the winter months are two (of many) barriers for people of all ages to engage in physically and socially health-enhancing activities. In order to address these challenges, the WinterMission team will be promoting, exploring, and piloting new programs to **better engage Buffalo residents to come out, socialize, and enjoy the winter.** In addition to hosting

activities, the WinterMission team is also developing a WinterMission Guide, which will list a host of organizations that offer different services, programs, and activities year-round and specifically in the winter! This will help raise awareness on opportunities in our community that promote social, emotional, mental, environmental, economic, and physical health by empowering individuals to socialize and be engaged in a wider range of physical activities.

The Buffalo, NY WinterMission kick-off event is currently scheduled for early winter 2019 and is branded as a Winter Bash. The kick-off event will be followed by pilot programs, which will run this winter and be evaluated by the WinterMission Team, partners, and community residents, so please keep an eye out for WinterMission information and come participate! Enjoy your winters and engage in your community through WinterMission activities!

For more information, please contact the Wellness Institute, a WinterMission partner, at 716-851-4052 or [BeActive@City-Buffalo.org](mailto:BeActive@City-Buffalo.org) or visit the WinterMission website as **Buffalo strives to begin a four-seasons wellness enhancing culture!**

# WNY WALKS! STRIDES FORWARD IN 2019-2020 PROGRESS

By: Lucy Conery, Health Promotion Specialist, *The Wellness Institute of Greater Buffalo*

The WNY WALKS! Initiative launched in May of 2019 with a Downtown Community Walks Series, a successful Walkability Summit in June, and drafting a strategic plan to address regional walkability and regular physical activity. Since then, the WNY WALKS! Initiative has begun its advocacy to facilitate community culture change in our region. A major outcome of the WNY WALKS! Initiative include the formation of a Community Wellness Team (CAT). The CAT is made up of dedicated individuals from different sectors (both public and private), and this group facilitates the work of the WNY WALKS! Initiative. As a result of the WNY WALKS! First Annual Walkability Summit in June, two members of the CAT joined forces to start the Sunset Striders Walking Club. The Sunset Striders meet on Grand Island every Tuesday night to do a community walk, which consistently attract over 50 participants to enjoy a nice walk and the beautiful sunsets that Grand Island has to offer. WNY WALKS! also has collaborated with Rotary International and the Niagara River Greenway Commission to host a series of community walks along the Greenway. Both of these successes demonstrate the benefits walking has in local communities and their surrounding regions.

Walking as a form of regular physical activity has numerous health benefits, whether they be physical, emotional or mental. Other benefits include economic development, environmental support/advocacy, and building community social capital and avoiding social isolation, which is an especially important health challenge in older adult populations. These all work hand-in-hand when it comes to building a healthy community and a healthy culture. A



livable Buffalo, NY needs walkable/bike-able streets to support local businesses, increase social interactions, develop health-enhancing environments, and to increase quality of life. The WNY WALKS! team addressed these points at AARP's annual NYS Leading on Livability Summit in September. Phil Haberstro and Lucy Connery of WNY WALKS! were joined by Karl Swarts of "Hamburg Moves" to discuss Walkability and Trails at the Summit. The presentation highlighted the success of the local Sunset Striders and the Greenway-Rotary collaborations, and was attended by many local, regional, and out-of-state (Ohio and South Carolina) participants of the Summit. The WNYWALKS! Initiative presentation echoed the theme of livability and highlighted the reoccurring topic throughout the Summit: walkable communities.

Multimodal transportation (which includes promotion of walking, biking, and use of public transportation) was, and is, a topic of community interest because of the multifaceted benefits it helps to facilitate. Cities and communities with accessible multimodal transportation develop economically, build social capital, and may have improved level of physical activity. The WNY WALKS! Team has been taking steps to promote this type of transportation by raising awareness, building capacity surrounding walking/walkability, promoting programs/activities, and advocating for policies that support walkability (which is integral in the facilitation of multimodal transportation).

The WNY WALKS! Initiative will continue to facilitate improved walkability and increased regular physical activity by supporting the city's WinterMission initiative to be piloted this winter, as well as collaborating with local efforts to impact health outcomes in our region.

For more information on the WNY WALKS! Initiative, or if you're interested in partnering and/or sponsoring, please contact the Wellness Institute of Greater Buffalo at 851-4052 or [BeActive@City-Buffalo.org](mailto:BeActive@City-Buffalo.org).

# A Few Healthy Choices Can Make a Significant Difference

By: Jennifer Sanfilippo

Cardiovascular disease (heart attack and stroke) is one of the most common health problems facing senior citizens. Although no one has control over the genetic aspect of developing such illnesses, a few simple lifestyle choices can significantly reduce some of the risks.

Exercise decreases the risk of heart disease and stroke by lowering cholesterol levels and improving circulation. It is best to exercise 30 minutes three to four times per week. However, studies have shown that walking as little as an hour a week cuts the risk of heart disease in half for women. Physical activity also reduces the rate of bone loss and risk of fractures in women with osteoporosis.

Eating small meals loaded with fruits and vegetables throughout the day helps optimize health. Omega-3 fatty acids from both fish and flavonoids (found in many fruits and vegetables) are very helpful in the prevention of heart disease and cancer.

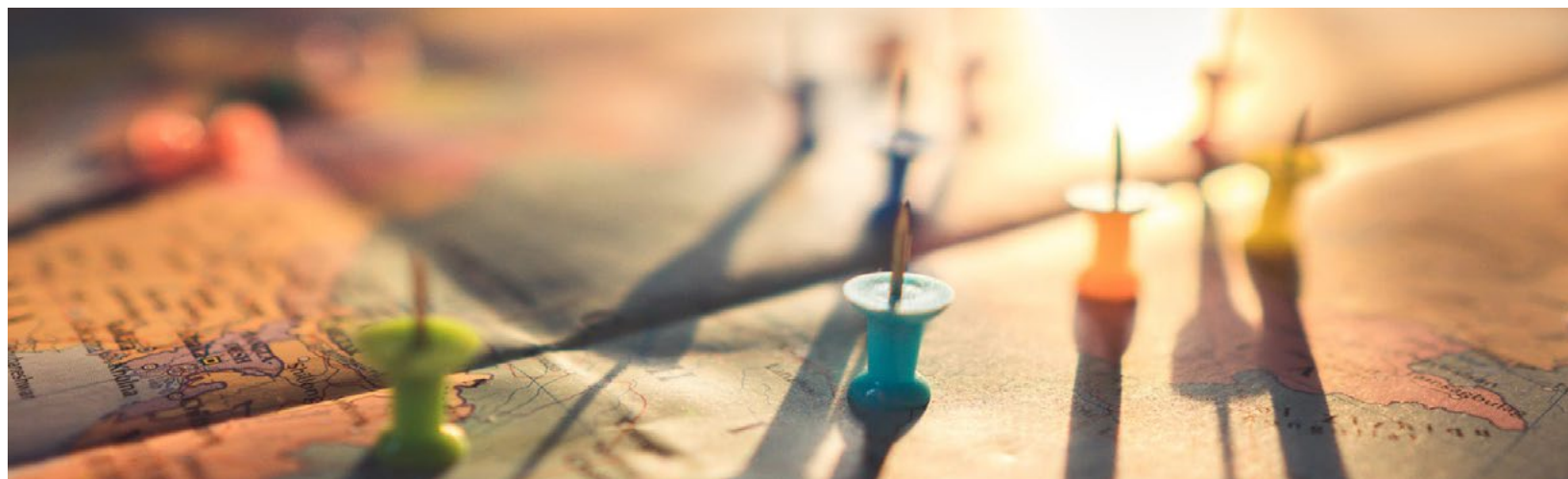
If you still smoke, please stop. Studies have shown that within one day of quitting, there is a significant decrease in cardiovascular risk and it improves the longer you refrain from smoking.

It is important to schedule regular checkups with your

doctor or visit WNY Medical, conveniently located in Amherst (923-4380), Cheektowaga (681-9000), and South Buffalo (882-8989).

When visiting, make sure your doctor checks blood pressure, cholesterol and triglycerides. Also ask about screening for prostate, breast and bowel cancer. If you or your family has a history of heart disease, ask whether a daily aspirin would be beneficial for you.





Are you having trouble finding the perfect holiday gifts for friends and family? Are you tired of buying gifts for people who only use them for small amount of time? Instead of being traditional and buying gifts maybe it's time to switch it up and go on a holiday vacation. A good vacation surrounded by those you love is something that you could remember forever. The word "vacation" can be frightening to some people as it is commonly associated with high costs. However, we're here to give you the best and most affordable places to vacation this holiday season.

First we are going to start in Europe with one of the most popular cities in the world, Rome. If you are more interested in sightseeing than a tropical island resort then Rome in December is the place for you. Winter is the off-season for tourism in Rome so if you travel in the holiday season you will be able to capture pictures of some of the world's most famous tourist sites with a smaller possibility of getting photobombed. The off-season for tourism also means that hotels and airlines both lower their fares to more affordable rates. Not only will you be able to see the traditional sites, but Rome also is lit up by Christmas lights during the holiday season, and what better place to attend a Christmas mass than at the Vatican? If you can bare the average December temperature of 55 degrees Fahrenheit then Rome is the perfect place for you.

If you're looking to escape the frigid temperatures and multiple feet of snow in favor of a tropical beach destination, then look no further than Punta Cana. The popular destination in the Dominican Republic is home to a large number of resorts that offer all-inclusive packaging. This means that once you're there you won't have to spend money on food or drinks and often times these resorts offer special restaurants for their all-inclusive guests. The white sand and clear blue ocean of Punta Cana should already be enough to get you interested in making a trip, add in the average temperature in December of 85 degrees Fahrenheit and this destination is perfect for a winter getaway.

If you don't have the time to plan a trip overseas or simply are looking for a quick weekend getaway, there are

plenty of places you can travel domestically. The Grand Canyon is one of the most popular tourist destinations due to the breathtaking views and the affordable cost. If you are someone who enjoys camping, hiking and nature in general then a trip to the Grand Canyon should be near the top of your bucket list. December temperatures at the Grand Canyon usually hover around 60 degrees Fahrenheit at their peak, so while you won't be getting your best tan, you'll be able to hike and enjoy the views without being in the scorching desert heat.

Our next destination is not known for its' warm weather and beautiful sunshine.

Portland, Oregon is a cold and wet travel destination but if you like coffee, beer and winter sports then don't cross it off your holiday travel list. Portland is home to more than one hundred craft breweries and the city is filled with as many coffee shops that have each perfected their own unique roast, the city is perfect for those looking to get an early morning jump and relax later in the evening. Portland also offers more than just coffee and beer, it is home to the largest independent chain of bookstores in the world, Powell's Books. The original Powell's store, named Powell's City of Books is actually so large that the store provides a map for you when you walk in, it is a book readers' paradise. For those who don't get the thrill from book reading and coffee drinking, Portland is still a great travel destination. Mt. Hood, about a one hundred mile drive from Portland offers some of the best snowboarding and skiing in the Pacific Northwest.

Our final destination for this holiday season is a desert city known for nightlife, casinos and extraordinary hotels; we're talking about Vegas baby. Vegas hotels actually offer their cheapest rates during Thanksgiving and Christmas, and the prices for flights are also much lower. No matter where you go in this city you won't have to look hard to find something to keep you busy, whether it be restaurants, bars, casinos or clubs. No matter where you go this holiday season we hope that you enjoy your time and travel safely.

# Buffalo Sports Spotlight

By: Steven Vulpis

At the time of writing this article, the Buffalo Sabres sit atop of the National Hockey League with a 6-1-1 record and 13 points. The season is long (The Sabres have 74 regular season games left) but there is hope that this team can continue their hot start and play their way into the playoffs. A key factor to the Sabres start has been their efficiency on the powerplay.



**Jack Eichel, Buffalo Sabres**

Currently, the Sabres are converting on about 35% of their powerplays, which is 15% above the league average. The offense has been red hot, averaging 3.625 goals per game. Some of the biggest offensive contributors have been franchise captain Jack Eichel who currently has 10 points, former number one overall pick and nineteen year old defenseman Rasmus Dahlin who leads the team with eight assists and Victor Olofsson, or as some people are now calling him Victor "Goalofsson", who currently leads the team with six goals.

While the offense has been dominant to start, the team would not be in the position they're in without Carter Hutton. Hutton who currently ranks as the league's number one goaltender, has a 5-0 record in his five starts so far this season. He has also recorded two shutouts, and set the franchise record for most saves in a regular season shutout with 47 on October 17th against the Los Angeles Kings. Hutton also currently has the highest save

percentage in the NHL, saving 95.3% of the shots he faces, and allows the lowest amount of goals per game in the league with his 1.39 goals against average. The 33 year old has experienced a resurgence in his career to start this season off, but if he continues to play like this for the rest of the season the Sabres will be a real threat throughout the season.

Although the Sabres have had an incredible start to this season, many fans are wary to get their hopes up due to the similar situation that occurred last season. In the early stages of the season last year, the Sabres went on a 10 game winning streak but still finished the season as the 5th worst team in the NHL. There are many reasons why Sabres fans should not expect another collapse like they saw last year, including new head coach Ralph Krueger and an additional year for the young players to grow and improve their skills.

The Sabres are not the only Buffalo team off to a strong start. The Buffalo Bills are 4-1 and currently hold possession of the first Wild Card seed in the NFL Playoffs. The start to the Bills season has been powered by their defense. The defense currently ranks 4th in the league in points allowed per game and 3rd in the league in yards allowed per game.

However, the offense will need to pick up some slack as it is currently only scoring 18 points per game, which ranks 25th in the league. If the offense can find their rhythm and start to score consistently then we should be in for a very exciting year of Buffalo sports.



# HOLIDAY PARTIES ON A BUDGET

BY: CAT CRAWFORD



Has the holiday season got you scratching your head on how to plan the perfect party that won't break the bank? Do you dream of hosting the party everyone still talks about well into the new year, on a budget? These tips will help you navigate your party planning while still making sure there's enough money to buy some extra presents.

## **1. Make a budget and stick to it.**

Most budgeting mistakes start with the insatiable need to host the party of a lifetime. Outline a budget that allocates exactly how much money you're willing to spend. Prioritize what you need and get the most important things first! Your guests won't remember the \$20 glass decorations on your shelf, but they will remember the delicious homemade appetizers you greet them with.

## **2. Pick a theme and stick to that, too.**

Whether your party is winter wonderland-themed or ugly Christmas sweater-themed, sticking to a theme will help you zone in on the necessities. Theme your décor, food, drinks, and party games around one cohesive theme to really make your party stand out from the rest.

## **3. When your guests ask, "What can I bring?" Say "Anything!" (potluck is your luck!)**

Your guests probably have a signature dish or family recipe they would be proud to whip up and bring to your party. Cut down on stress (and your budget!) by

having everyone bring an appetizer or a tray of their favorite holiday treats. You'll be pleasantly surprised by the variety of choices you'll have on your hands!

## **4. Get your guests in the Holiday Spirit by having them... literally bring their favorite spirits.**

If you want to handle the night's menu, send out a BYOB notice with your invites so that your guests bring a bottle of their favorite wine or liqueur to your party. There will be plenty for everyone to share and have a taste of everyone's picks!

## **5. Deco-ration your money on one-time-use décor and make it yourself instead.**

Don't go holiday crazy and try to deck your halls with boughs of fake Target holly, but do accentuate the most prominent parts of your home instead. If your home has a fireplace, make it the centerpiece of the room by surrounding it in lush evergreen-ery or handmade paper snowflakes. Create the open and cozy atmosphere you want your guests to experience by utilizing your very surroundings!

## **6. Entertain with the right atmosphere.**

Your guests might enjoy a party game or two, and they might enjoy making their own hot chocolate at a hot chocolate bar or icing their own gingerbread houses at a gingerbread decorating station, but what they'll enjoy the most during these activities is even better company. Your job as a host is to create an environment your guests will enjoy no matter what they're doing. That's what they'll remember the most.



# DUAL PLANS FROM UNITED HEALTH

## Dual health plans: Designed to make life easier

It's not easy for the average person to find their way through the health care system. But it's much more difficult for those who are elderly or have complex health conditions. And for those who also rely on government-assisted health care like Medicare or Medicaid, it's even harder. What plan covers what, which bills are which — it can get very confusing.

Dual health plans are designed to help make life easier for those who have both Medicaid and Medicare. These people are known as "dual-eligible" because they're eligible to have Medicaid and Medicare at the same time. Dual plans are also known as dual special needs plans or DSNP for short. These names all mean the same thing.

## More coverage than either Medicaid or Medicare alone

Dual plans are for people who could use some extra help. That may be because of income, disabilities, age and/or health conditions. Dual plans are a type of Medicare Advantage plan. They work together with state Medicaid plans. With a dual plan, members keep the same Medicaid benefits they get today.

Dual plans must provide the same coverage as Original Medicare. Original Medicare covers hospital stays and doctor visits. But most dual plans also include extra benefits and features. Things like dental, vision and hearing coverage, and much more. As a result, a dual plan can help members cover more of their care and costs. Members may also enjoy more choice and flexibility when it comes to doctors, hospitals and prescription drugs.

## The leading dual plan in America<sup>1</sup>

Dual special needs plans are offered by private insurance companies. That includes UnitedHealthcare, which calls its dual plan UnitedHealthcare Dual Complete®. This is the most popular plan of its kind in America.<sup>1</sup> UnitedHealthcare has been serving people with special health care needs for more than 40 years. Today, UnitedHealthcare serves more dual-eligible members in more states than any other health care company.<sup>1</sup> And that includes here in New York State.<sup>2</sup>

## Extra benefits at no extra cost

With UnitedHealthcare Dual Complete, New Yorkers can enjoy many extra benefits and features for a \$0 plan premium. In fact, according to current members, the top five benefits are:

1. \$1,200 in credits to buy health products with their OTC Network card.
2. Dental care with \$1,000 for dentures, root canals and other dental work.
3. Hearing coverage with a yearly exam and \$1,100

credit every two years for hearing devices.

4. Vision coverage with a yearly exam and \$300 credit every two years for eyewear.

## The added benefit of care coordination

Care coordination is another big benefit that members get with UnitedHealthcare Dual Complete. Each member is assigned a personal care coordinator. This is someone who gets to know the member and works with them, their family, caregivers and doctors to help coordinate care.

A personal care coordinator helps each member with their individual health challenges. They make sure the member understands their Medicaid and Medicare benefits. They help manage all their doctors, specialists and care services. And they make sure members get all the services they qualify for.

## Growing popularity.

Given how much simpler dual plans can make life for members, it's not surprising that they're becoming more and more popular. Indeed, UnitedHealthcare is seeing big increases in its Dual Complete plans across the country and also in New York state. In Erie County alone, the company's dual plan enrollment has grown more than four times since 2016 to nearly 4,700 members today. The company also reports rapid growth in Chautauqua, Genesee, Orleans and Wyoming counties, where UnitedHealthcare has only offered dual plans for the last two years.

According to the Centers for Medicare & Medicaid Services (CMS), there are about 12 million Americans who are dually eligible for Medicare and Medicaid.<sup>3</sup> But only a fraction of these people are currently enrolled in a dual plan. The main reason is that many people who are eligible to get a dual health plan may not know that they exist.

## Is a dual plan right for you or someone you know?

Most people who enroll in a dual plan find it easier when they have someone to help guide them. That's where a licensed sales agent comes in. These representatives will go over everything with you step by step. They'll look at what you have now. They'll compare that with all the other choices available. And they'll take time to answer your questions and explain it all clearly and carefully.

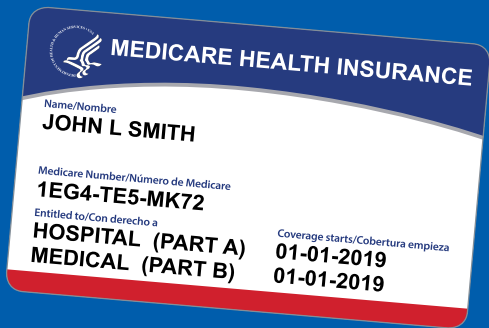
If you'd like to talk with a licensed sales agent at UnitedHealthcare, call 1-855-671-4175, TTY 711. You can also see what UnitedHealthcare Dual Complete plans are available where you live, and the benefits they provide on the company's website at [UHCCCommunityPlan.com/NY](http://UHCCCommunityPlan.com/NY).

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Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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## Review of the Netflix Original Film: In The SHADOW OF THE MOON

BY WEBSTER TILTON ★★☆☆

Consider the sledgehammer.

It is inelegant, blunt, heavy, and simple. A tool for brute force work, like tearing down a wall. But are there not walls in need of wrecking? And even if there is no wall to give you offense and thereby render the sledgehammer useful, cannot the humble sledgehammer be well-crafted and worthy in its own right? Cannot its head be of the finest steel and its shaft be of the finest...sledgehammer shaft material? Cannot the workmanship and quality be admired for their own sake, though it may lack the versatility and exalted status of the noble screwdriver? I have no idea. But the makers of "In The Shadow of the Moon" had better hope so.

::sigh::

It'd been a couple of years since I ran into one of these but back then I invented a term for it. I called it the "Sledgehammer allegory". I forget which movie it was, but you get the idea.

My verdict up front: It's not awful; The movie is functional. There aren't any gaping plot holes, the acting is pretty good, and the technical aspects (sound, camera work, cinematography, etc...) are excellent. There are definitely some good things about this movie. But there are some glaring problems that'll yank you right out of it if you make the mistake of using your brain while you're watching it. Spoilers ahead, here we go.

"In the Shadow of the Moon" is a well-intentioned Terminator rip-off starring Boyd Holbrook, from seasons 1 and 2 of *Narcos*, and also the guy who played Dexter. To summarize; In the early 1980s officer Tommy Lockhart (Holbrook) and his partner Maddox catch a bizarre call during a graveyard shift. A young black woman has inexplicably killed a bunch of seemingly random people all over the city of Philadelphia with an unknown toxic substance. The killer gets killed during a fight in a subway station, but somehow keeps coming back every nine years to commit more murders, and somehow she knows a lot about Lockhart's family.

Before I start ripping this movie apart, let me take a moment to praise the opening. Sitting at home watching it on my couch felt like watching the first twenty minutes of *The Dark Knight* on release day. The production value was excellent, the music was extremely well done, as was the pacing and the camerawork. It burns up the screen, keeping you riveted to what feels like is going to be a legitimate thriller movie...and then came an awkward tonal shift into to a cartoonish police procedural montage set to rock music. Anyway...

Nine years later another round of identical murders starts and Lockhart is called in, much to the anger of a mob of protestors who are furious that Lockhart (a white cop) wasn't fired after killing an 'unarmed black woman' in the subway fight. This will become important later. Then Lockhart is then approached out of nowhere by an astrophysicist because the director was afraid the audience wouldn't understand the time travel plot if it wasn't spelled out. But I don't bash movies because of the hocus pocus they need to make the plot work. I bash them for bad story structure, bad tonal shifts, bad writing and bad acting. Of which this movie has plenty.

If instead Lockhart went looking for an expert to help him understand things, then there'd be an organic reason for scientist man to be in the film. And since this whole movie is a straight Terminator time loop ripoff, it would have worked on that level too because (stop me if you've heard this one) scientist man winds up



developing the time travel technology that makes these murders possible. Later, Lockhart's black partner Maddox gets killed during a confrontation with the assassin. But Lockhart is so busy having expository dialogue with her that he doesn't have time to experience any sadness, rage, horror or grief. But that's ok because thirty seconds later his obsession with the case has turned him into an unemployed hobo, estranged from his daughter, with no bridging scenes or transition of any kind to ease us into it. He also turns into an 'instant believer' in time travel, because the plot needs him to. And (instead of realizing that nobody will believe him so he'd better keep this to himself) he tells his family about it and they write him off as crazy, because the plot needs them to. If they don't then he isn't suffering for the sake of his quest and the film has no emotional core. The core that it does have works well enough, but it would have been a lot better if the buildup scenes weren't heavily telegraphed it every single time.

Lockhart discovers white supremacist connections between most of the victims (hint, hint), and the exact moment the assassin will reappear. Nine years later he lays in wait, while listening to a voicemail from his pregnant daughter asking him to attend the birth. Suddenly scientist man reappears and kidnaps Lockhart to prevent him from interfering because he now realizes that assassin-girl is trying to stop something far worse than a few murders. This is quickly confirmed by assassin-girl, who explains that it's her job to prevent a cataclysmic Civil War. A bunch of bystanders got killed too, but there was no way to avoid it. Also, she's Lockhart's granddaughter... because of course she is. We're then treated to a closing montage of Lockhart's daughter and her black husband (subtle, huh?) having their baby while the assassin's voiceover justifies the murders as necessary to prevent The End of the World and she asks Lockhart (stop me if you've heard this one) to raise her to go back in time on this same mission when she's an adult.

The movie ends on a 'hopeful' note with Lockhart holding his baby granddaughter who will eventually grow up to murder a bunch of racists before they commit any crimes, as opposed to, you know, attempting to talk to them before murdering them. But a movie about time traveling counselors trying to avert a racist civil war by changing people's minds wouldn't have had a lot of gunfire, car chases and explosions. Instead you'd have things like character development, multilayered acting, social commentary, interesting dialogue and complex conflicts that force difficult choices. Although, if you did that then you'd be prioritizing an emotional connection with the audience over making the audience feel good about our hero murdering bad guys who haven't done anything yet...so that's out.

Consider the sledgehammer. It's perfect for some jobs, because not all jobs require subtlety or finesse. But if you clone James Cameron's sledgehammer word for word, he's probably going to sue you.

## HEALTHY EATING TIPS FOR HOLIDAY MEALS

### 1. EAT LOTS OF VEGGIES! (AND EAT THEM FIRST)

If you don't know or aren't sure that vegetable dishes will be served at your meal, make a dish of them to pass around. Everyone benefits that way!

### 2. SAVOR EACH BITE!

It takes 20 minutes for your brain to know you are really full. Enjoy your food, but do not eat too fast.

### 3. ASK YOURSELF IF YOU ARE STILL ENJOYING THE FOOD

If you find yourself eating and are not sure if you are still enjoying yourself, consider stopping. You can even set a timer for 30 minutes and go back for more if you are still hungry

### 4. DON'T SKIP MEALS!

Skipping meals leaves you hungry and tends to lead to overeating. Instead, have a balanced breakfast and lunch.

### 5. EAT WHAT YOU LOVE

Enjoy yourself, don't feel guilty for celebrating and savoring the food. If you over-eat don't dwell on it. Get back on track tomorrow!

# BUFFALO CONCERTS: NOVEMBER

BY KATY SIWIRSKI

The chilliest time of the year is among us, and the monthly concerts are still flowing! Take advantage of Buffalo's many indoor concert venues, and go out and see one of your favorites.



## IL DIVO

Are you a big fan of modern alternative rock? Then get ready, Buffalo! Grammy award winners Highly Suspect will be at Buffalo Riverworks on Monday, November 11. These gentlemen released their first studio album *Mister Asylum* in July 2015, and have been blowing up the scene since. Their biggest hit from the record, *Lydia*, was also nominated for Best Rock Song at the Grammys. It starts with a catchy guitar riff, and vocalist Johnny Stevens brings in the flow of the tune with his raw, edgy style. The next record *The Boy Who Died Wolf* was released just over a year later. This album has a bit more of a mellow feel to it, but gained more popularity than their previous release. Their hit *My Name is Human* topped the Billboard US Mainstream Rock Song charts, and their song *Little One* off the same record topped at number 2. Their most recent album dropped at the beginning of this month, so keep your ears open for some more chart-topping hits!

Have you ever wanted to enjoy the raw power of punk rock, with the fun, uprising power of brass instrumentals and catchy lyrics? Then do I have the show for you! Big D and the Kids Table will be rocking the Rec Room in Downtown Buffalo on Thursday, November 21. For those who don't know, this band classifies as "Ska." Ska is a music genre that originated from Jamaica in the late 1950s that helped the procession between rock and reggae. It didn't reach the United States until the late 1980s, and reached a large uprising by the mid 90s. This was perfect timing for Big D, considering they formed in October 1995 during the band's college years. They released their first full-length album in 1999 entitled "Good Luck." I consider the band's big break-through album to be their 2007 release entitled *Strictly Rude*. The album reached 42 on Billboard's Top Heatseekers chart. Whether you have heard of the band or genre, I can assure you that these dudes put on a phenomenal performance that you won't want to miss! I hope to see some of you there towards the end of the month.

November 2  
**Simple Plan**  
Rapids Theater

November 8  
**Chance the Rapper**  
Key Bank Center

November 9  
**Elton Rhon, Elton John  
Tribute Concert**  
Tralf Music Hall

November 11  
**Highly Suspect**  
Buffalo Riverworks

November 16th  
**Jersey Boys**  
Shea's Buffalo

November 21  
**Bone Thugs -N- Harmony**  
Town Ballroom

November 21  
**Big D & The Kids Table**  
Rec Room

November 22  
**Il Divo**  
Shea's Buffalo

November 27  
**Lowest of the Low**  
Town Ballroom

(CONTINUED FROM PG. 10)

## UNITED DUAL PLANS

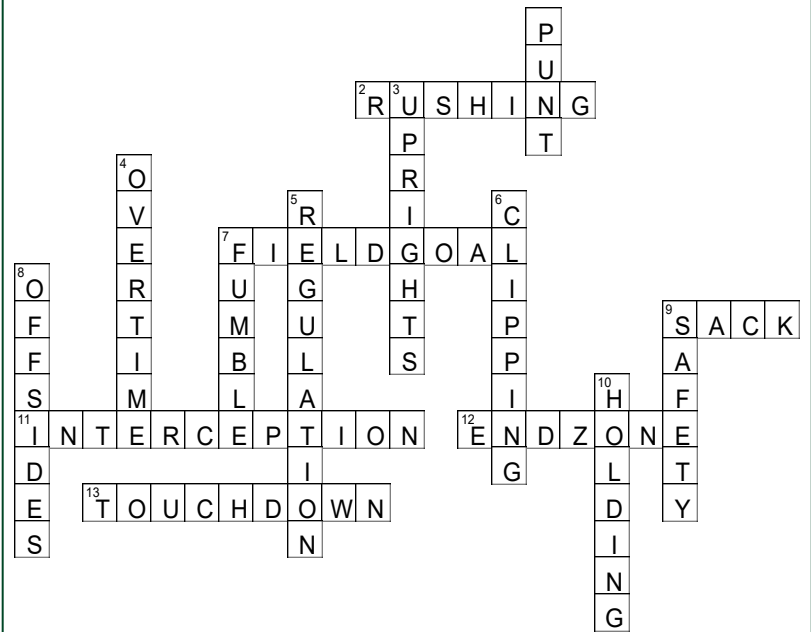
Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare.

<sup>1, 2</sup> Based on State/national market share, as of 2018.

<sup>3</sup> <https://www.cms.gov/Medicare-Medicaid-Coordination/Medicare-and-Medicaid-Coordination/Medicare-Medicaid-Coordination-Office/DataStatisticalResources/Downloads/MedicareMedicaidDualEnrollmentEverEnrolledTrendsDataBrief2006-2017.pdf>

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## OCTOBER'S CROSS WORD SOLUTION FOOTBALL SEASON



How did you do?



JOHNNY STEVENS (LEAD VOCALS) AND RICH MEYER (GUITARIST) OF HIGHLY SUSPECT

have been voted #12 on the list of the "25 Best Rap Groups of All Time." Their 2000 record "BTNHResurrection" reached platinum in one month, whereas their 2002 record "Thug World Order" went gold, and reached #3 on the Top T&B/Hip Hop Albums chart. Two major members left in 2011, and returned for their reunion just a few years ago. The reunion

Maybe the ska music that I described to you doesn't sound like your thing. You like older music, but you're more into the classic rap scene. Luckily, Bone Thugs-n-Harmony will be in Buffalo this month! This appearance will also be happening on Thursday, November 21, but it will be happening at Town Ballroom in the Downtown Buffalo theatre district. This R&B hip hop group originated in Cleveland, Ohio in the early 1990s. This group has worked alongside many famous rappers during the prime of their careers, upon still being alive, of course. These include, but are not limited to, 2Pac, Notorious B.I.G., Eazy-E, and Big Pun. This group of talented musicians

was a success, and will, of course, be continuing this month! So come on out and observe these legends, while you still can.

Winter is almost here, but there is still plenty of opportunity to warm up inside some splendid concert venues! If you have any suggestions for upcoming shows, please contact us at [submit@yourhwh.com](mailto:submit@yourhwh.com).



CHANCE THE RAPPER

**HAVE A LONG FIX  
IT LIST?  
CALL**

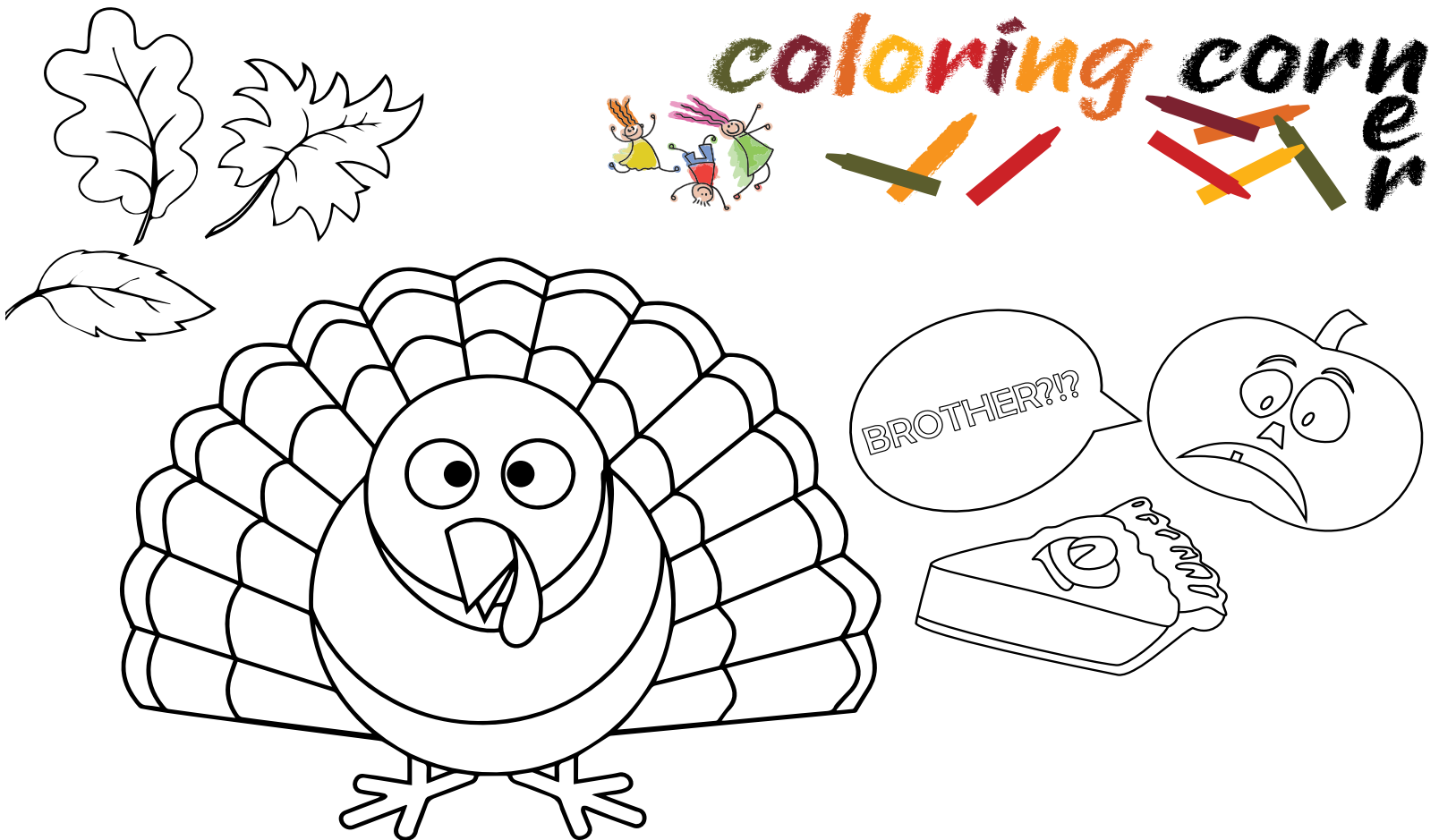


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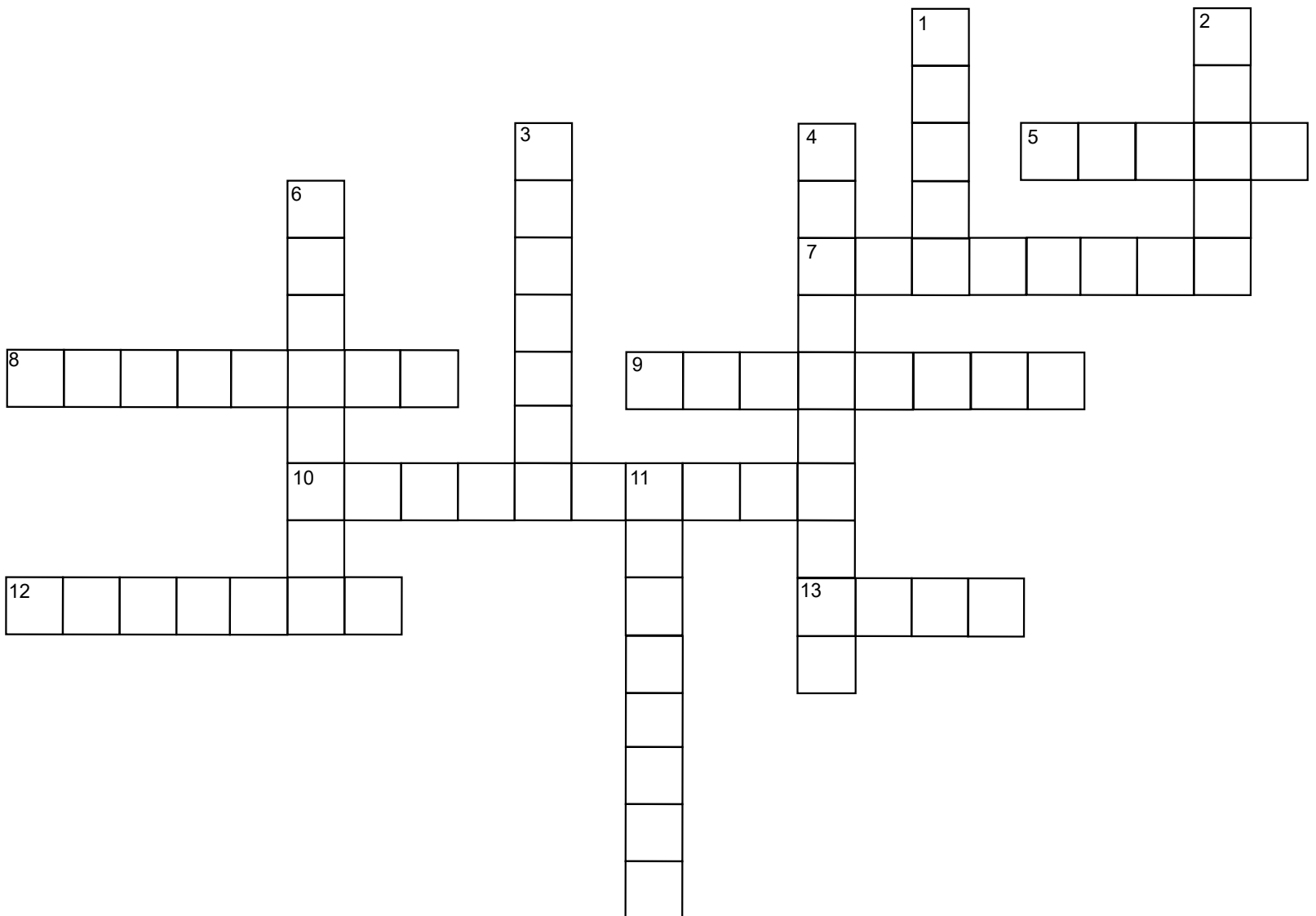


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**STUFFING**  
**FEAST**  
**CRANBERRY**  
**GOURDS**  
**TURKEY**  
**PUMPKIN**

**MASHED**  
**POTATOES**  
**HARVEST**  
**FAMILY**  
**PIE**  
**FUN**

# Game Night



## ACROSS

5. Texas hold em', five card draw etc...
7. act out a word for others to guess
8. combination card and board game
9. tile placement game with matching dots
10. board game with dice and discs
12. roll the dice for matching sets
13. "game of global domination"™

## DOWN

1. tower deconstruction / reconstruction game
2. the game of kings
3. Chinese tile placement game
4. Guess what the drawing is
6. Famous crossword game
11. Real estate game

## [ EVENTS ]

# November

### November 1st

#### MASTERS OF AMERICAN ARCHITECTURE TOUR

On this downtown walking tour, see signature works by some of America's greatest architects, including the Guaranty Building by Louis Sullivan & Dankmar Adler, the Ellicott Square Building by Daniel Burnham & Co., and St. Paul's Cathedral by Richard Upjohn. There is one tour for North Buffalo at 10 AM and one for South Buffalo at 1:00 PM. Learn about the prominence of Buffalo on a national scale at the turn of the twentieth century while visiting buildings such as the Old Post Office, St. Joseph's Cathedral, and Old County Hall.

### November 7th

#### WNY CHILDREN'S BOOK EXPO

From 10 AM to 3 PM at the Buffalo Niagara Convention Center, WNY Children's Book Expo focuses on author's books for sale, learn the latest trends, booksellers, librarians, retailers, publishers, rights, licensing, digital educational aids etc. in the Book, Education & Training industries. Visit [wnybcbe.com](http://wnybcbe.com) for more information.

### November 22

#### SABAH'S STARLIGHT NIGHT AUCTION & GALA

SABAH's 2019 Starlight Night Auction and Gala will be held on November 22, 2019, 6:30 PM to 11 PM, at the Buffalo Niagara Convention Center in support of SABAH athletes challenged by disability. The event will feature an open cocktail bar during a spectacular silent auction, an exquisite dinner, and a live auction filled with unique items!

### November 26

#### 124TH ANNUAL YMCA BUFFALO TURKEY TROT

This event that takes place from 9 AM to 12 PM is known to be the oldest consecutively run footrace in the WORLD, the YMCA Turkey Trot is an 8K Thanksgiving Day tradition that attracts over 14,000 runners of all ages and abilities to the City of Buffalo each year. This Thanksgiving will be the 124th YMCA Turkey Trot in Buffalo, New York. People from all over the world come to Buffalo to participate! The race will accept the first 14,000 entrants, The first Turkey Trot had only six participants! It is \$41 to register. Visit the YMCA website for more information on this year's race.

### November 30

#### WORLD'S LARGEST DISCO CONCERT

World's largest disco goes back to 1994! This event features the largest dance floor in New York State with 500,000 watts of sound and lights. The event takes place 9 PM to 1 AM expects a crowd of 7,000 in a giant retro celebration at the Buffalo Niagara Convention Center. Tickets currently sold out, but the website says it may be adding more. Check back to their website [worldslargestdisco.com](http://worldslargestdisco.com) for details and ticket availability.

## Recipe Corner

### NEXT DAY TURKEY SOUP

Perfect and easy solution to use up all those Thanksgiving turkey leftovers.

- 2 cloves garlic
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 carrot, chopped\*
- 1 stalk of celery, chopped\*
- 1 tablespoon fresh sage (optional)
- 2 cartons of chicken broth (32 oz)
  - 1 bay leaf
- 2 cups green beans, cut\*
- 1 sweet potato, diced\*
- 1/2 cup uncooked small pasta
- 3 cup turkey, diced

\* to cut down on chopping time use leftover veggies!

**30 MIN | 2 HRS**  
PREP TIME    READY IN

## JUST 3 STEPS

- 1 | Prepare the broth with turkey, vegetables, and bay leaf. Bring to a boil and simmer for 1.5 hours. Remove from heat and place to the side.
- 2 | In a large pot, heat olive oil and garlic cloves until they are lightly browned. Add to the prepared broth, and heat.
- 3 | When the soup reaches a simmer, remove from heat and allow to steam for 5 minutes and serve.



# TAKE CONTROL OF YOUR SUGAR LEVELS THIS HOLIDAY SEASON



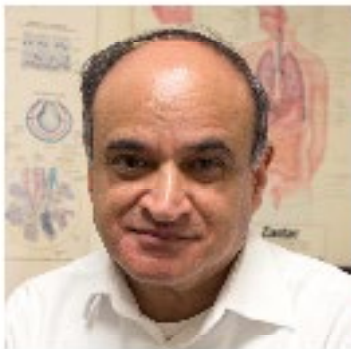
## **DR. JACK CUKIERMAN, MD**

Dr. Jack Cukierman is an endocrinologist in Amherst, New York. He received his medical degree from University at Buffalo, School of Medicine and Biomedical Sciences and has been in practice for more than 30 years.



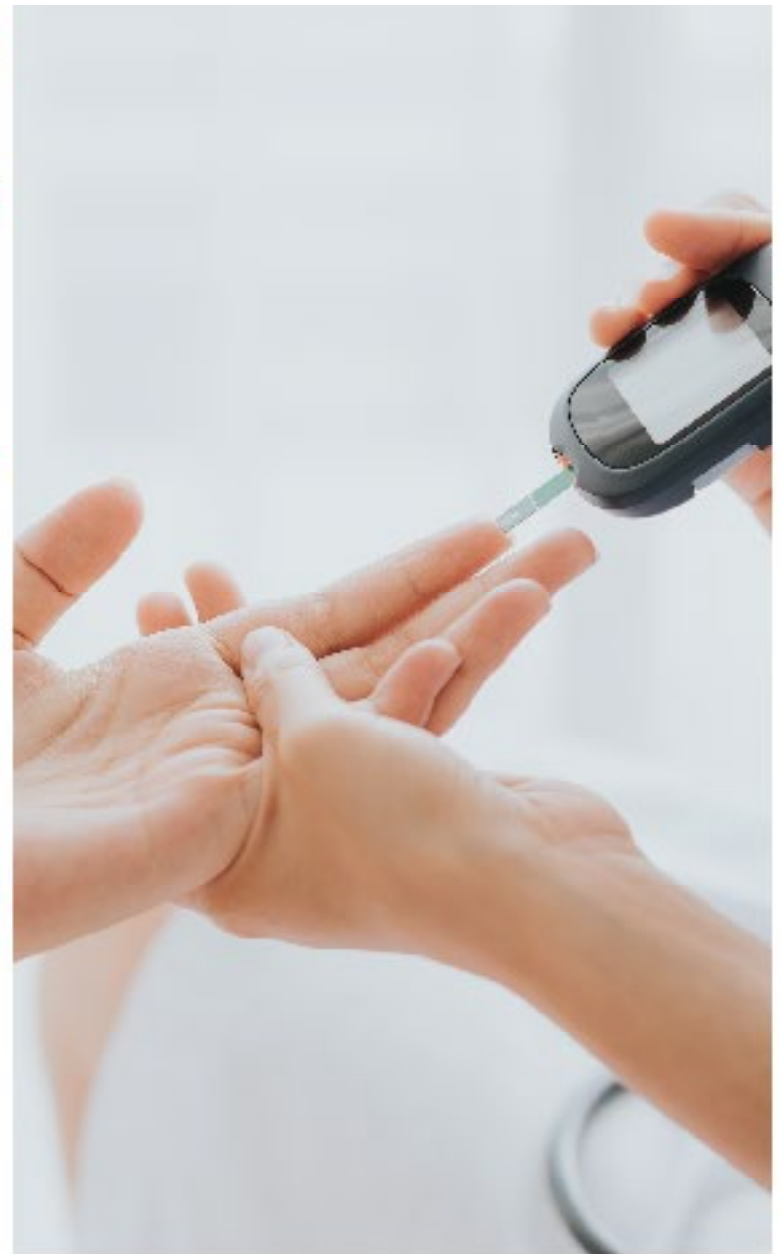
## **NORMA QUIJADA, MD**

Dr. Quijada is merging her practice Norma Quijada, MD PLLC with WNY Medical, PC effective March 2016. She has been a physician for 20 years & specializes in internal medicine, including Diabetes & Endocrinology



## **DR. SHAHID HAQUE, MD**

Dr. Shahid Haque is an endocrinologist in Amherst, New York. He received his medical degree from Downstate Medical Center College of Medicine and has been in practice for more than 20 years.



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