

YOUR



HEALTH
WEALTH &
HAPPINESS

FREE
June 2019

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Eat Your Colors

Eating a range of fruits and veggies have different health benefits

It's Fest-mas Time in Buffalo!

Festival season is upon us! Learn about different to attend this summer!

Show Your PRIDE Buffalo

Find out what to do and where to go during Pride week!

We are having an
EXPO!

See back cover
for more information



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June 29th, 2019
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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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Eat Your Colors

Eating a wide range of colorful fruits and veggies is important to keep your body happy and healthy. Each color provides different benefits for your overall health!



Red

Contains antioxidants, decreases blood pressure, strengthens joint tissue, heart healthy, lowers risk of some cancers.

Eat these!

Watermelon
Red Onion
Beets
Red Peppers
Tomato
Grapefruit
Cherries
Cranberries
Raspberries

Yellow & Orange

Contains beta-carotene, improves vision, clears skin, bone health, combats free radicals.

Eat these!

Apricots
Cantaloupe
Lemons
Mangoes
Pumpkin
Yams
Squash
Peaches
Oranges

Green

Contains powerful antioxidants, contains lutein, clear vision, skin health, protects against certain cancers, increases immune system.

Eat these!

Lettuce
Cabbage
Kale
Green Apples
Kiwi
Brussle Sprouts
Broccoli
Spinach
Zucchini

Blue & Purple

Contains rich antioxidants, improves memory, heart healthy, lowers risk of certain cancers, healthy digestion, reduces inflammation.

Eat these!

Eggplant
Blackberries
Blueberries
Plums
Pomegranate
Red Cabbage
Purple Grapes
Figs

White

May help lower cholesterol, helps lower blood pressure, reduces risk of heart disease and cancer, kicks up B and T cells.

Eat these!

Cauliflower
Onions
Mushrooms
Garlic
Potatoes
Bananas
Fennel
Ginger
Parsnips

Eat Your Colors

By Brandi Aurelio

Our world is undeniably fast paced today. We want it all and we want it now. Running from meeting to meeting, event to event, it's no wonder we choose things like fast food for our meals. But it is important to slow down and put our health first. We only get one body so we have to treat it right! That includes nourishing it with what we eat. It is so important to eat a rainbow of fruits and vegetables daily. Each color of food contains different vitamins and minerals and helps our body in unique ways. Food Revolution Network explains why it is crucial to "eat your colors".

Red

Foods that have a red color contain something called phytochemicals, chemical compounds produced by plants. These phytochemicals, including lycopene, ellagic acid, and citrulline, possess cancer fighting effects. Red foods have also been known to decrease blood pressure and strengthen your joint tissue. They're good for your heart too!

Red foods to eat:

Red peppers, watermelon, tomato sauce, tomatoes, strawberries, raspberries, apples, cranberries, cherries, grapes, red onions, pomegranates, and beets.

Yellow and Orange

These foods are rich in vitamin C which is great for immune health! These fruits and veggies contain carotenoids, which are orange and yellow pigments that are produced by plants. Some can convert to vitamin A, and promotes better vision and cell growth. Beta-carotene is one of those carotenoids. Citrus fruits contain hesperidin which increases blood flow, which is helpful for people who are always chilly like me! Citrus can also reduce the risk of strokes.

Yellow and Orange foods to eat:

Oranges, grapefruit, lemons, mangoes, papaya, carrots, sweet potatoes, squash, peaches, corn, cantaloupe, peppers, and pineapple.

Green

Green foods are among some of the healthiest foods out there. They are packed with antioxidants and are high in lutein, isothiocyanates, isoflavones, and vitamin K. These are essential for blood and bone health, as well as good vision and healthy skin. They are also rich in folate. This is especially useful for women who are pregnant because it can prevent congenital disabilities. Some are also known to enhance your immune system and can even improve your mood. Some greens have also been shown to help with the common cold, IBS, and even insomnia.

Green foods to eat:

Green grapes, edamame, avocado, broccoli, kale, peas, zucchini, kiwi, romaine, collard greens, brussel sprouts, green apples, spinach, arugula, green beans, and asparagus.

Blue and Purple

Blue and purple fruits and veggies are high in phytonutrients and antioxidants. These include anthocyanins and resveratrol. These are known for their anti-cancer and anti-aging properties. Berries are also known to repair damage from stress and inflammation. These foods can also improve memory and improve heart health.

Blue and purple foods to eat:

Blueberries, blackberries, grapes, red cabbage, eggplant, plums, prunes, and figs.

White

White foods still contain phytonutrients even though they lack pigment. They are rich in anti-cancer properties called sulforaphane, allicin, and quercetin. They may also help lower blood pressure and your risk of heart disease.

White foods to eat:

Cauliflower, bananas (the actual fruit is white, only the peel is yellow), garlic, onions, mushrooms, potatoes, radishes (again, the flesh is white) parsnips, and jicama.



Assisted Living vs. Nursing



By Mike Atkinson

What are pros and cons to assisted living facilities?

Pro: Personal Independence. In an assisted living setting, there are often more activities and clubs available to a resident. They are able to come and go as they please, which offers a much greater sense of control over their day to day life.

Con: Assisted Living is Expensive. Medicaid and Medicare often do not cover assisted living. Costs can range from \$2,500 to \$7,000 per month, depending on the area. This is unattainable for most people of average income.

What are pros and cons to nursing home living?

Pro: Can provide a level of care that would not be attainable at home, or with assisted living. A nursing home is able to provide total care, 24/7 for residents who may no longer be able to engage in any self-care or ADLs (activities of daily living).

Con: Loss of Personal Independence. Life in a nursing home tends to be very structured. Medication administration times, meal times, and activities times typically remain on a fixed schedule. This can become boring as years pass. Frequent visits and outings with friends and family are crucial to break this monotony.

What are some responsibilities of a nursing home caregiver?

Certified Nursing Aide (CNA): Assistance with all activities of daily living (ADLs) in accordance with the Plan of Care. A CNA works under the direction of the patient's doctor and nurse to assist with any and all daily tasks required for safe, comfortable living.

A patient typically remains on a strict schedule. Consider what you do for yourself on a daily basis. Wake up. Get out of bed. Get washed up and dressed for breakfast. Use the bathroom. Brush your teeth. Go to breakfast. Eat. Go back to your room for a medication pass, possibly to an activity group. Use the bathroom. Go to lunch. Eat. Go back to your room for a medication pass, possibly to an activity group. Use the bathroom. Go to Dinner. Eat. Go back to your room for a medication pass, possibly to an activity group. Use the bathroom. Get dressed for bed. Get into bed.

The hard thing to imagine is that any given individual is likely to need full assistance with each step of this process. That in mind, consider that each CNA is likely to have 8-12 people per day for whom they need to complete all of these tasks, at the same time. As it stands, CNAs are significantly overworked, and understaffed. Systemically, great strides still need to be made to allow for a proper staff to patient ratio in the nursing home environment.

“**These are two very different environments, which serve very different purposes.**”

Licensed Practical Nurse (LPN): The nurse is responsible (with the help of the medical doctor and physical therapists),

to formulate and carry out plan of care, which explains what specifically is needed for each individual on a daily basis. This includes current medications, treatments, meal plans, ambulatory restrictions, and extensive documentation of all of the above care.

What are some responsibilities of an assisted living caregiver?

(Disclaimer: I do not have personal experience as an employee

Homes: A Personal Interview

of an assisted living home. I have taken care of many patients who happened to live in an assisted living environment, however that was on an individual basis. Based on that, and with some research, I've gathered the following)

Assisted living facilities differ in such details as number of residents, housing style, type of food service, extra amenities, and cost. Licensed facilities provide the basics of all meals, housekeeping, laundry, transportation to errands and appointments, recreational activities, and exercise and wellness programs.

Minimal assistance with ADLs can be provided, but often not relied upon. It would be the job of a CNA to assist with this. This may include occasional apartment/room visits to help with some tasks (reaching a high shelf, lifting a heavy laundry basket, limited bathroom assistance etc.). Guidance and oversight of medication may be available, but again, the resident will need to be responsible for their own medical care. It would be the job of a nurse to assist with this aspect if needed.

Think of this as independent living, but with a safety net. So long as an individual can do something for themselves, they will be expected too. Staff is here to assist, rather than to be relied upon.

Do you notice differences in living conditions?

Yes, significant differences. These are two very different environments, which serve very different purposes. In that respect, it is hard to draw a comparison.

A nursing home can be very hectic at times, but also must remain very structured and routine. This will feel more clinical. A resident may often feel like a patient in a facility, rather than a person at home. I would describe this like a hospital dressed up as a home.

An assisted living facility will be quieter, with a less structured atmosphere. This is done intentionally to make the environment feel more like a home to it's residents. The focus is on doing

things your way, on your time. I would describe this like an apartment, but with a helpful neighbor who gives you a hand when you need it.

Which facility do you prefer, in terms of bonding with the patient?

Nursing Homes.

Nursing home staff, particularly CNAs, often get a bad rap for being cold, or distant. I won't disagree that this does occur, but I would argue that it isn't the norm. This is a very difficult, defeating job. It is physically and emotionally exhausting.

I cannot imagine a single CNA who does not have a story about getting home after a shift, and breaking down to tears. This changes a person in a way which requires them to build up somewhat of an armor, which can be mistaken for a lack of empathy. But these people come back and do this every single day. They do things for these residents that most people cannot imagine. This creates a sense of trust, and a very close bond. Even with the more difficult, confused, or aggressive residents, there is an overwhelming sense of responsibility for their safety and well-being.

If you were in this situation, what facility would you prefer to live in?

This all depends on the level of care needed. I would like to care for myself at my highest possible level of function. However, through the normal aging process, a day will come when i am no longer able to do so. Perhaps I won't be able to shower safely because of strength or balance issues. In this case, it would be safer for me to enter assisted living, so that I have staff available in an emergency.

Eventually my level of need may increase to the point where I need physical assistance, rather than monitoring. In that case, I would likely transition to Skilled Nursing care. Often times, the decision of which level of care to choose is not made based on preference, but on necessity. My only hope is that I will have the family support to guide me to the safest decision when that time comes.

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Ascend Float Spa Brings Holistic Solution for Overall Wellness

Floatation therapy was invented in the 1950's by Dr. John Lilly. Floatation therapy is based on a scientific approach to deep relaxation called Restricted Environmental Stimulation Technique or R.E.S.T. for short. The idea was developed in 1954 at NIMH (National Institute of Mental Health) in Washington. Floating in a floatation



Clarence NY -

Founded by Katrena Avent, RN, Ascend Float Spa at 8825 Sheridan Drive in Clarence is Western New York's newest and largest floatation center. Floatation therapy has been building momentum over the last 10 years as 'floaters' are discovering the all-natural and drug free approach for improvements in mental clarity, sleep patterns, pain relief, high blood pressure, PTSD and creativity.

The facility has four unique float rooms, including three 'Wave Rooms' which feature ceilings over six feet high, one of which is handicapped accessible and a 'float pod'. Each has private changing rooms and showers. Guests can also enjoy a hair dryer 'bar'.

Floatation therapy incorporates sensory-deprivation and high buoyancy Epsom Salt water. Over 1,000 lbs of such salt is dissolved into each tank. A typical floatation time is 60 minutes. The combination gives the floater the experience of weightlessness and encourages meditation, calm and absorption of magnesium which helps combat high blood pressure and pain. The temperature of the air and water are 94 degrees, the same as the body's external surface. The idea is to remove all outside stimulus.

"We supply nearly everything our floaters need. Earplugs, towels, combs...even CBD oil if they choose," said Avent. "They might want to bring their favorite body lotion for afterward, that's about it", she said.



tank triggers a deep relaxation response, much deeper than normal sleep. It enables users to drift into the elusive Theta state, which is otherwise hard to achieve. Theta waves are brain waves associated with early/playful sleep.

"My favorite part about floating is the mental part. There is nothing else you can do to quiet your mind the way floating does," said Karl Schmelz, co-owner. "About a quarter of our customers fall asleep during the session. Whether they fall asleep or not, they emerge much more rested. From what we've read, 45 minutes of floating is roughly equal to 4 hours of sleep", he said.

Today, many professional athletes are using floatation therapy to maximize their peak performance holistically. The New England Patriots were early adopters of floatation therapy in 2014. Now, float rooms and float pods are commonplace in professional practice centers.

Currently Ascend is open 7 days a week from 9am to 9pm. Interested persons should contact Ascend at (716) 331-1900 or at www.ascendfloatspa.com.

It's Fest-mas Time in Buffalo!

By Canney Savanney

Buffalonians wait in anticipation for this time of year. Fest-mas time! That special time in Buffalo when all of the festivals begin. Find yourself a pair of flip-flops, shorts and tank top and get out there and enjoy the hot sunny weather, that is of course if the sun ever does decide to come back. All summer long festivals are scattered throughout Erie County and Niagara County. The best part about them is that a majority of them are FREE to attend! The only thing it will cost you is some time, energy and transportation fees.

The first weekend of June launches the first round of festivities starting with the **Greek Festival**. Those wishing to attend can go for FREE if they get there before 3 PM on **Friday May 31st, 2019 at 146 W Utica Street** in Buffalo. If you cannot escape work that early on Friday, it's only three dollars at the door for the remainder of the weekend. Each year there is a variety of vendors and tasty treats available inside the church and outside in the tents. The Greek salad available is simply the best and has me coming back each year along with the fun live music and dancing.

Following the Greek Festival, it is the **Taste of Williamsville** on **June 1st located at 5583 Main St** in Buffalo beginning at 4 PM. There are a wide variety of participants in this event including but not limited to Sweet Melody's, Brennan's Bowery Bar, Creekview Restaurant, Apple Wood and more. Live music can be heard at Sorrentino's and at the Creekview Restaurant later in the evening. If you do not like the larger festival or have never been to one before this is a great introduction to them.

The following weekend in June is one of my favorites of the

year. It is the **Allentown Art Festival** that will take place this year from **June 8th – 9th, 2019 from 10 AM – 6 PM starting on Allen Street**. There are over 400 vendors that gather for this incredible festival that's been established for 62 years now. Each year new vendors flock for the opportunity to participate here. Crowds seem to come in waves to this event. The best part of this festival is that you can always find something here to take home for the whole family.

I've been attending this festival for well over a decade now and one of the best pieces I have ever found is a purple iron wired ring that I have received multiple compliments on. Attending this might make your holiday shopping a little easier because not only are you supporting local vendors, but you are beating the holiday rush too. Make sure you stay hydrated and wear your sneakers and fitness tracker because you will surely get your steps in for this event.

Keep an eye out for new events popping up in Buffalo as well. **Your HWH is hosting its 1st Health and Wellness Expo this year on June 29th at Buffalo RiverWorks from 10 AM – 4 PM**. You'll be able to get freebies and have fun with the whole family visiting all of the vendors tables. For more details, visit yourhwh.com/expo.

Whether it is the Allentown fest or one of the many festivals or expos Buffalo has, just make sure you get out and enjoy the weather while supporting local businesses. These are just a few of the festivals taking place in the upcoming months. In the city of good neighbors, you are bound to have a great time and enjoy the sunshine when it does finally arrive.



Review of the Netflix Original: Wine Country

By Webster Tilton

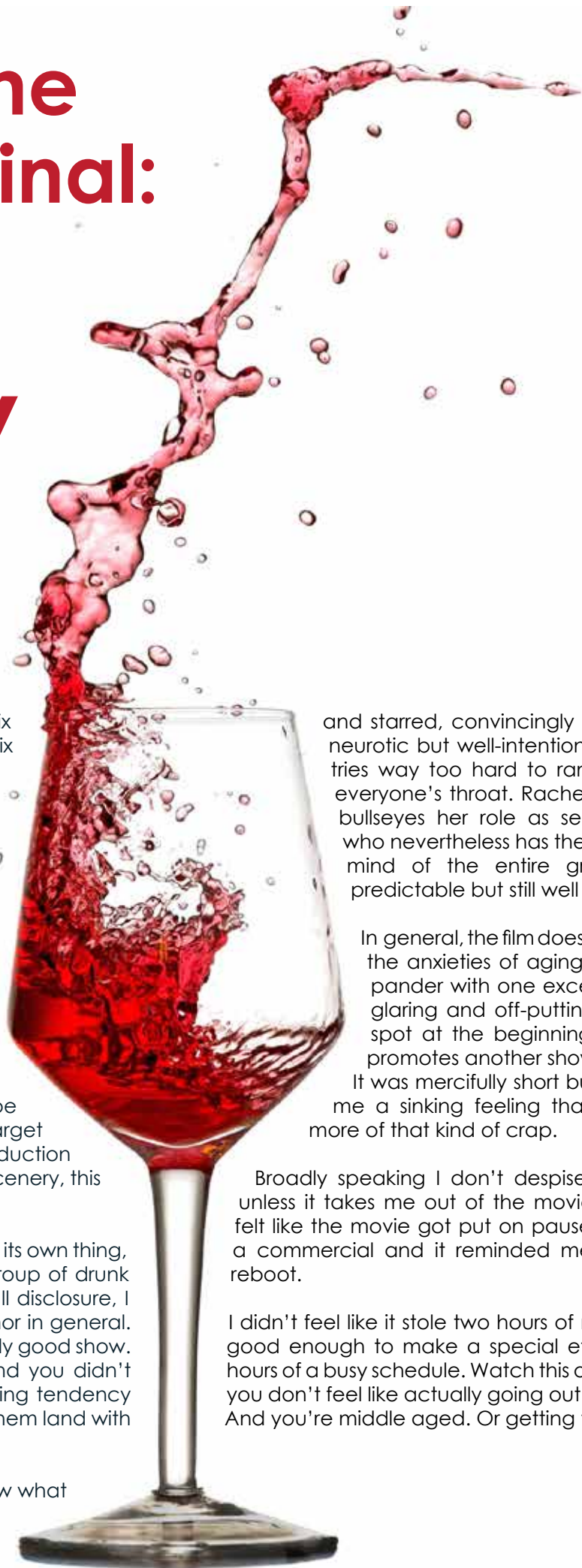
I rationalized it thusly; someone on my Netflix account had already watched it, so Netflix already thinks I watched it. Also, there was nothing else new on Netflix. Thus, I watched 'Wine Country', a rated-R 'gal pal' comedy about group of women who go to Nappa Valley for a 50th birthday weekend.

My verdict: Even though it's trying too hard 60% of the time, this movie doesn't suck. If you're middle aged (or getting there) you'll understand where this movie is coming from and you might enjoy it. If not, don't waste your time.

A generation specific movie needs to be damned good to appeal outside its target demographic. And despite the high production value, the good casting and the beautiful scenery, this one doesn't really get there.

So, what went wrong? Instead of trying to be its own thing, this movie tried to be 'The Office' with a group of drunk women in their late forties. In the spirit of full disclosure, I hated The Office, and I hate awkward humor in general. But even then, I recognized that it was a really good show. What they did, they did extremely well, and you didn't see it coming. Wine Country has an annoying tendency to telegraph its punches and only a few of them land with any kind of a sting.

What went right? The people in charge knew what they were doing. Amy Pohler, who directed



and starred, convincingly nailed the part of the neurotic but well-intentioned group leader who tries way too hard to ram a good time down everyone's throat. Rachel Dratch (SNL) likewise bullseyes her role as self-neglecting therapist who nevertheless has the clearest and sharpest mind of the entire group. The beats are predictable but still well done.

In general, the film does a good job addressing the anxieties of aging and manages not to pander with one exception; there's a really glaring and off-putting product placement spot at the beginning, where Netflix cross-promotes another show that they produced. It was mercifully short but nevertheless it gave me a sinking feeling that we're going to see more of that kind of crap.

Broadly speaking I don't despise product placement, unless it takes me out of the movie, and this one did. It felt like the movie got put on pause for thirty seconds for a commercial and it reminded me of the Ghostbusters reboot.

I didn't feel like it stole two hours of my life but it's also not good enough to make a special effort to carve out two hours of a busy schedule. Watch this one if you're bored and you don't feel like actually going out and doing something. And you're middle aged. Or getting there.

Learn About Some of WNY Medical's Psychiatric Providers



M. Sadiqur Rahman, MD

M. Sadiqur Rahman joined WNY Medical, PC in 2013. He is board-certified by the American Board of Psychiatry and Neurology, a member of both the American Psychiatric Association and American Association of Geriatric Psychiatry. Dr. Rahman is credentialed with major insurance companies (BCBS, Fidelis, Univera, IHA, Medicare, Medicaid, and others).



Rashida Khanam, MD

Rashida Khanam joined WNY Medical, PC in 2013. She completed her residency in psychiatry at the State University of New York at Buffalo. She is board-certified by the American Board of Psychiatry and Neurology and is credentialed with major insurances (BCBS, Univera, IHA, Medicaid, Medicare, and others).

When Should You Seek Help?

By Sue Perbody

Admitting that you need help is a scary thing. No one likes confessing that they aren't ok and that they need to talk to someone. It's hard and it's terrifying, I know this all too well. However, taking charge of your mental health is one of the most important and crucial things that you can do for yourself. But you may be asking "how do I know when I should seek help?" Sometimes you just know, but Psych Today also provides a nice list of some warning signs that you should see someone immediately.

- 1. Feeling sad, angry or not yourself.** It's normal to be sad sometimes. But if you are feeling uncontrollable sadness or anger that seemingly have no causes, this could be a sign of an issue. Withdrawing from people is not healthy.
- 2. Abusing substances, food or sex.** When you are dealing with mental health issues like depression, it is common to seek external substances in an effort to make yourself feel better. If you find that this applies to you, seek help right away.
- 3. You've lost someone or something important to you.** Grief is a hard emotion to process and overcome. Losing a loved one or something that matters to you can cause loads of grief. It can be helpful to talk to someone during times like these.
- 4. Something traumatic has occurred.** Everyone experiences trauma differently, and no two traumas are the same. Something that seems smaller to someone else may seem bigger to you, and that is normal. The earlier you get help for trauma the better.
- 5. Things you once enjoyed no longer bring you happiness.** Often times with problems like depression, you don't find joy in the things that you did before. This is a red flag that something is going on.

WNY Medical's Psychiatric staff are there to help you in this difficult time. Allow us to help you get back to the person you once were! Call 716-839-0500 ext. 3801 to make an appointment today!



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Pride month is upon us, and Buffalo is the perfect place to celebrate! The best part about Buffalo is how accepting it is of those in the LGBTQ+ community and allies alike. And what better way to celebrate than with a whole week full of fun! Buffalo comes together like no other to support the LGBTQ+ culture and identity that we share. Below you will find a list of the events taking place for Pride week in Buffalo.

Tuesday May 28th

Flag Raising Ceremony - 12:00 – 1:00 pm Niagara Square

This event is free. Kick off pride week in the heart of Buffalo as city officials raise the pride and transgender flags in Niagara Square, in front of City Hall.

Pride Week Fun Run - 6:00 – 7:00 pm Concession stand @ Delaware Park

This event is free. Go for a run around the 1.8 mile track. There is no official timing for this event so walk or run, whichever you prefer. There will be goodie bags, prizes and refreshments.

Revrise for Pride - 6:45 – 7:30 pm Revolution Buffalo, 1716 Main St
Donate what you can. This is an indoor cycling class with proceeds benefiting the Gay and Lesbian Youth Services of WNY. Cycle up for 45 minutes in this intense class!

Wednesday May 29th

Out For Business - 5:00 – 7:00 pm Hotel Curtiss, VUE Rooftop Lounge, 210 Franklin St

This event is free. This is Buffalo's monthly LGBTQ+ Professionals Networking Event. This is a relaxed atmosphere with food, drinks, raffles and a great networking opportunity. The first 50 people will receive a free drink!

Pride Ride - 6:30 pm Community Beer Works, 520 7th St

This event is free. Join Slow Roll Buffalo in an inclusive community bike ride. An after-party will offer food, drinks, music, and friends!



Show Your PRIDE

By Emma Jackson

Thursday May 30th

Tasty Thursdays @ Club Marcella - 10:00 pm – 4:00 am Club Marcella, 439 Pearl St

Visit their website for pricing. Show up at Club Marcella to celebrate Pride! Drinks, music, dancing, and a show at midnight!

Friday May 31st

Niagara Falls Pride Flag Raising - 4:00 – 5:00 pm Niagara Falls City Hall, 745 Main St, Niagara Falls, NY

This event is free. Show your support in Niagara Falls, NY at the raising of the Pride flag in front of Niagara Falls City Hall!

The Graces Drag and Pride Night - 7:00 – 11:00 pm Catch 22 Bar & Grill, 715 Military Rd

This event is \$5. Come join your favorite queer-friends at Catch 22 for give aways, cash prizes, and more! Doors are at 7, show starts at 8!

Ambush Pride Party - 7:00 pm – 2:00 am Buffalo Ironworks, 49 Illinois St

This event is \$10. Ambush of Buffalo presents a Pride Party featuring DJ Mary Mac, along with others. Join them for music and drink specials all night!

Singing with Pride - 7:30 – 9:00 pm Karpeles Manuscript Library Museum, 220 North St

This event is \$20. Join the Buffalo Gay Men's Chorus while they close their 2018-2019 season with a concert honoring Pride!

Friday Night Flex - 8:00 pm – 12:00 am Soho Buffalo rooftop, 64 W. Chippewa St

This event is \$15. The Pride Center of WNY kicks off Pride 2019 with music, drinks and dancing!

Buffalo Bears Present "Wet 'N Wild" - 10:00 pm – 2:00 am Preservation Pub, 948 Main St

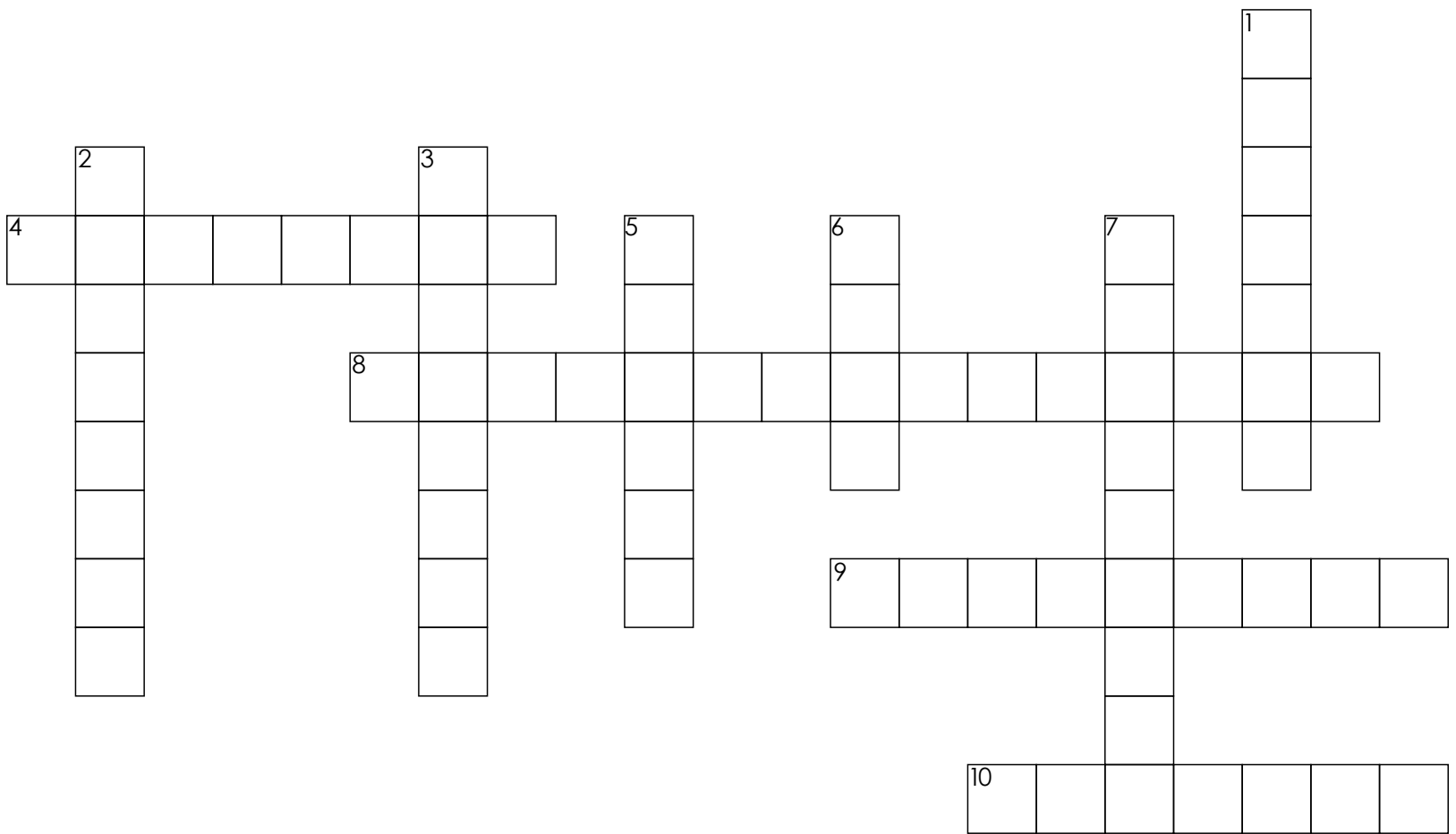
This event is \$5. Join the Buffalo Bears in celebrating their 20th anniversary with a Wet 'N Wild party. Unleash your wild side!

Saturday June 1st

Dyke+ March - 1:00 – 6:00 pm Elmwood Ave at W. Ferry St

This event is free. Step off at 2:00 pm. Family friendly entertainment provided.

June 2019 Crossword Summer Fun!



ACROSS

4. Grilling outdoors
8. Essential for keeping cool
9. Flowers bloom and your eyes start to itch
10. If you ignore the SPF 15

DOWN

1. Traditional overnight summer activity
2. Lasts until around 8:30 pm
3. Wet air makes the heat worse
5. You can finally wear them again
6. Happens every time you try to do something outside
7. SPF 15

[EVENTS]

June

June 2

PRIDE PARADE

12 PM, step off is at Elmwood Ave and Forest Ave. March in a celebration of LGBTQ history or join as a spectator.

PRIDE FEST

1 PM - 7 PM, \$10 entry, located at Canalside. Entertainment, activities, food, drinks, vendors and live performances. Join the LGBTQ community and allies alike in support!

GREEK FEST

9 AM - 6 PM, \$3 admission, located at Annunciation Greek Orthodox Church. Eat amazing Greek food, listen to beautiful Greek music, become Greek for the day!

June 5

BUFFALO CAREER FAIR

11 AM - 2 PM, located at the Adams Mark. Join others seeking a career change in this live recruiting and hiring event. Register at Eventbrite.com.

June 8

ALLENTOWN ART FESTIVAL

Walk the streets of Allentown, observing hundreds of artists as they display their artwork.

June 13

WNY Walks! Walkability Summit

Thursday June 13 @ 10 AM - Friday June 1 @ 6 PM. \$10-\$39. The event addresses challenges and resources regarding walking in the Greater Buffalo Region Neighborhoods!

June 15

BUFFALO NIAGARA DRAGON BOAT FEST

7:45 AM - 5 PM, located at Buffalo RiverWorks. Hope Chest will hold their annual Dragon Boat Festival. Join others for a day of dragon boat racing and activities for the whole family.

DOORS OPEN BUFFALO

Many significant buildings in downtown Buffalo will open their doors to showcase their beautiful interiors.

June 29

WORLD REFUGEE DAY

9 AM, located at Lasalle Waterfront Park. An all-day, free event with games, art, food, and performances! Celebrate the refugee communities in WNY!

YOUR HWH EXPO

10 Am - 4 PM, located at Buffalo RiverWorks. See back cover for details!

Recipe Corner

Feta Chicken Burger

Ingredients:

- 1/4 cup finely chopped cucumber
- 1/4 cup reduced-fat mayonnaise
- 1/2 cup chopped roasted sweet red pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon Greek seasoning
- 1/4 teaspoon pepper
- 1-1/2 pounds lean ground chicken
- 1 cup crumbled feta cheese
- 6 whole wheat hamburger buns, split and toasted
- Lettuce leaves and tomato slices, optional

1 Preheat broiler. Mix cucumber and mayonnaise. For burgers, mix red pepper and seasonings. Add chicken and cheese; mix lightly but thoroughly (mixture will be sticky). Shape into six 1/2-in.-thick patties.

2 Broil burgers 4 in. from heat until a thermometer reads 165°, 3-4 minutes per side. Serve in buns with cucumber sauce. If desired, top with lettuce and tomato.



Health & Wellness

EXPO

2019

Saturday, June 29

10 AM - 4 PM

**Buffalo Riverworks
359 Ganson Street
Buffalo, NY 14203**

Free admission!

Health & wellness vendors

Giveaways

Activities

Healthcare Networking

Other opportunities

& More!

Fun for kids!

Face painting

Coloring pages

& More!



Free Health Screenings

**including blood pressure check, A1C level check,
and MORE!**

**For more information or to become a vendor,
contact our marketing department at 716-362-7849**

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