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*Find your summer relaxation  
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## **Living with a Disability**

*A personal story of acceptance,  
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## **Budget-Friendly Fun**

*Enjoy the sun this summer  
without breaking the bank*

## **Daily Self-Care**

*Prioritize yourself with routines,  
habits and better well-being*

## **Book Review: Drop Ins**

*Our monthly media reviewer  
launches his new publication*

**July 2026**



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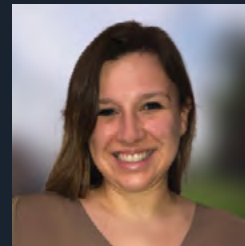
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# Our Mission

Your Bliss explores the human spirit, the wealth of relationships, mental and physical health, and spiritual well-being. We celebrate moments of achievements, triumphs and patience for diverse audiences. Our goal is to bring you information that you can use to explore and celebrate health, wealth, happiness, and spirit.

With the ever-expanding nature of technology, knowledge and healthcare, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month, we bring you new articles on a wide range of topics so you can live a fulfilling and whole life.

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# Table of Contents

4 ..... A Day in the Life of Self-Care  
5 ..... Budget-Friendly Summer Fun  
6 ..... Living with a Disability  
8 ..... Tips for Exercising Safely in Heat  
9 ..... Your Guide to Peace this Summer  
11 ..... Land of Claiming Opportunities  
12 ..... A Shameless Review of Drop Ins  
13 ..... Doctor's Guide to UV Safety  
14 ..... Coloring & Activity Corner  
15 ..... Recipe of the Month

# A Day in the Life of Self-Care

By: Amyiah Wheeler

Self-care is a very important part of our daily routine. It can help get us started in our day, or help us wind-down from a very stressful day. Self-care can feel like a luxury considering we spend most of our day working and stressed from things we have to do, so self-care does get pushed aside. It's important to practice self-care rituals that can improve your daily life and wellness. These can include a lot of different things, but mostly it is meant to bring you peace of mind and a calm sense of happiness. Practicing self-care is all about your willingness to try and wanting to take better care of yourself, willingness to try makes it all the more worth it when you start to push yourself to feel better and be better.

There are many different forms of self-care, picking what's best for you is a step in the right direction. In the morning I think drinking water to hydrate your body is a perfect way to take care of your body. Hydration is a main factor to maintaining your health, and due to stress and exhaustion not many drink the needed amount of water during the day, so starting off in the morning and getting some water in your body is better than none at all. You could also start your day with



some movement, for me I would like to go on walks outside in the park with my music just to relax and feel grounded. If you're not too happy about exercising in the morning, journaling is always a calm option. Letting out your thoughts, nightly dreams, ideas on a page can be very helpful in releasing stress and starting your morning off in a good way.

Self-care isn't just about your morning routine, it involves your entire day, what you do to make yourself happy! In the evening maybe you make yourself some of your favorite tea, or get your favorite drink from the store, and watch your favorite show while doing skincare. How I spend my time throughout the day: I take a shower, do skin care, and watch my favorite show, play games, or read a book. How you spend your evening is entirely up to your own comfortability. Taking care of yourself is so much better when it's done with something you enjoy. Say you like animals, maybe do some skin care and relax with your pets! Sharing the love and comfort with the ones around you can make your own self-care time so much better. These types of rituals through the morning and evening are important, they ground us to the present moment, promoting emotional regulation, and calmness to yourself.





## Budget-Friendly Summer Fun

By: Victoria H

The summer sun is high and there are lots of opportunities to spend time with your loved ones. Unfortunately, the dollar doesn't stretch as far as it used to, but don't worry, family fun doesn't have to break the bank! There are lots of ways to joyfully ride the heat waves of summer without hurting your pockets.

The first place to start is your home. You may already have what you need to make each day special. Flexing those creative muscles can turn items in the recycling bin into spare spaceship parts for an imaginative adventure. Make homemade play dough or kinetic sand with ingredients you already have in your kitchen. Don't forget the free streaming services, like Tubi, Pluto, and YouTube, for a fun movie night. Game nights can easily create memories filled with laughter and friendly competition. Break out the board games, cards, or even have your little ones create their own games! Elevate your routine by turning dinner into a fancy restaurant experience. There are no limits or rules. You have the ultimate free will to do whatever you want in a way that's the most fun for your family!

If you are looking to get out of the house, take advantage of your local library. There you have computer access, movies, console games, and books galore! Some libraries have free events for communities to learn, connect, and play. You can even check out passes for amusement parks, zoos, and museums for the whole family! There is no reason to



shell out hundreds of dollars on tickets, movies, and games this summer when they're all waiting for you, for free, at your local library. Call or check out their monthly calendar to see what's available and upcoming.

One way to create fun with the neighborhood is to bring back block parties! Your little ones can have fun making handmade flyers for your neighbors and friends. Some family friendly music, sidewalk chalk, bubbles, ice pops, and a few colorful kickballs may be all you need to bring the community together and get the children playing!

Other families in attendance are welcome to contribute to the fun, so there is no pressure to solely provide for the party. If you do need to purchase anything, dollar stores and grocery stores have all the summer play essentials for cheap. Also know that you don't have to have a cul-de-sac to do it, a local park can work just as well.

Don't pressure yourself to create the perfect summer experience. Just know that what matters the most is spending time together. Children won't remember the money you spend, but they will remember the time spent with you. With a little creativity and taking advantage of your local resources, you can build an unforgettable summer without cleaning out your pockets. Time and love are the main ingredients for creating core memories, not money, so relax and enjoy each moment. Most importantly, you are doing great!

# JULY IS DISABILITY PRIDE MONTH

## Living with a Disability By: Amelia Wysocki

My name is Amelia Wysocki. I am a creative professional whose work spans photography, photo retouching, photo manipulation, graphic design, writing, SEO, and promotional content creation. I am also disabled.

I sometimes put that word in quotes because it has never fully described who I am. While I live with serious mental health conditions, I have also spent my life developing skills, talents, and perspectives that many people never have the opportunity to cultivate. Disability is part of my story, but it is not the whole story.

My mental health struggles did not begin recently. Looking back, things were always a little unstable, but they became significantly worse after my father died. His loss changed everything. My mother began drinking heavily, and life at home became increasingly difficult. My sister eventually moved in with friends, but I remained behind and absorbed much of the turmoil myself. Unable to afford moving out on my own, I found myself trapped in an environment that intensified my depression, anxiety, and isolation.



For decades, I was diagnosed and misdiagnosed with one condition after another. I spent years trying to understand why I struggled in ways that seemed invisible to everyone else. It was not until a few weeks ago, at the age of forty-three, that I finally received a diagnosis that truly explained what I was experiencing and a treatment plan that worked.

In addition to bipolar disorder and Complex PTSD, I am schizophrenic. Before treatment, I experienced visual and auditory hallucinations that made everyday life unpredictable and frightening.

Last year, while working as an overnight deli clerk at a local grocery store, I threw away an entire Boar's Head bologna because I saw an incoherent shape moving toward me that simply was not there. The experience was humiliating, but it was also terrifying. I realized that I could no longer trust my own senses.

Soon afterward, I quit my job and fell into an even deeper depression. As someone with decades of creative experience and a wide range of professional

skills, I felt disconnected from the life I wanted to build. I watched opportunities pass by while struggling with challenges most people could not see.

Today, things are different. Every morning I take six pills, and while I am still mentally ill, my symptoms are under control. For the first time in many years, I feel human again.

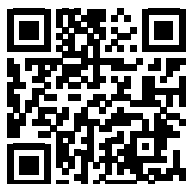
What surprises many people is that I do not view my experiences solely as a burden. Living with mental illness has taught me that people are often dealing with circumstances they did not choose. We do not get to pick the cards we are dealt, but we can learn how to play them, and when opportunity presents itself, we can shuffle the deck.



That understanding has made me more compassionate, more patient, and more aware of the hidden battles people fight every day. It has also influenced my creativity, shaping how I tell stories, solve problems, and connect with others through my work.

Disability pride, to me, is not about celebrating suffering. It is about recognizing resilience. It is about refusing to be defined solely by limitations. I am disabled, but I am also a creator, an artist, a survivor, and a person with something valuable to contribute. Those things can all be true at the same time.

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## Tips for Exercising Safely in the Heat

By: Hana Dawood

As the weather is getting increasingly warmer, many people start to switch their fitness routines outdoors. Exercise holds many physical and mental benefits especially during the summer months. While it is important to incorporate exercise into your day, it is also important to keep yourself safe during the warmer months. Higher temperatures can create additional stress for your body and increase the chance of health-related risks. Understanding how to safely exercise during higher temperatures can help individuals stay active while protecting their health.

During high temperatures, our bodies tend to sweat in order to cool our internal body temperature. However during dry and humid conditions, sweat may evaporate less efficiently, thus creating a higher risk of dehydration or even heat strokes. It is highly encouraged to drink water and fluids before, during, and after work outs. For prolonged and intense workouts, beverages containing electrolytes may help replenish minerals lost through perspiration.

Timing also plays a key role in heat safety. Whenever it is possible, it may be best to schedule your workouts during cooler parts of the day. High temperatures tend to peak in the early afternoon hours especially during the 12-3 pm time window. Working out in the early morning or evening hours is usually where the sun exposure is the lowest and the coolest times to exercise.

Another way to make sure you're exercising safely is making sure your workout clothing is appropriate to the temperatures. Loose-fitting, lightweight and moisture-wicking fabrics tend to allow sweat to evaporate more efficiently. In addition, choosing to wear light-colored clothing can make all the difference, as they are excellent reflectors of sunlight. A hat, sunglasses and sunscreen are also great protectors from the sun's harmful UV rays.

Prevention is important when it comes to exercising safely in high temperatures but listening to your body is just as important. Symptoms of nausea, dizziness, headaches, etc. can all be warning signs of heat-related illnesses. It is crucial to stop exercising immediately if these symptoms occur and to move to a cool area. If more serious symptoms occur, such as loss of consciousness, this may indicate a heat stroke and emergency medical intervention is needed.

Exercising is an important part of a healthy lifestyle, but staying safe during it is equally important. By staying hydrated, choosing cooler times, wearing appropriate clothing and listening to your body are all important practices when it comes to exercising during warmer temperatures. It is essential to keep these practices in mind so you can enjoy physical activities while staying safe during high temperatures.

# Your Guide to Peace this Summer

By: Ayesha Khan

Since we were young, summer has always been associated with the time for a break and the promise of rest. We imagine long afternoons, slower mornings, and time to breathe. However as we age, most of us might not have summer breaks anymore and life can often feel stagnant and even chaotic. For many people, summer quickly becomes one of the busiest seasons of the year. Between work, family gatherings, travel plans, social events, summer classes, weddings, errands, and the pressure to make the most of the better weather season is exhausting. The time of the year that is supposed to feel relaxing can quickly become overwhelming. However, finding peace in a busy summer doesn't always mean clearing the calendar, rather learning how to move through with a calmer mind.

One of the first ways to create peace is letting go of the idea that every day has to be fun or extraordinary. Social media often makes it seem as if everyone else is traveling, attending events, or living a perfectly aesthetic life in summer. In reality, peace is usually found in simple moments whether drinking a good cup of coffee, taking a nice walk after dinner with loved ones, listening to music while driving, or sitting outside in nature.

Another important part of finding peace is setting boundaries. A full schedule can be exciting, but it can also leave little room to rest and relax. Whether it's saying no to an invitation, choosing a quiet night in, or

reserving a morning for yourself is not selfish, it is a way of protecting and reserving your energy when you need it most.

Creating routines can also bring a sense of calm to a busy time. Even a flexible summer routine can help make the day seem easier. This might look like waking up at a consistent time, starting the morning with prayer, stretching, working out, reading, or planning the day before it begins. When life feels scattered or hectic, small routines can become steady reminders that you are still in control in some way of how you begin and end your day.

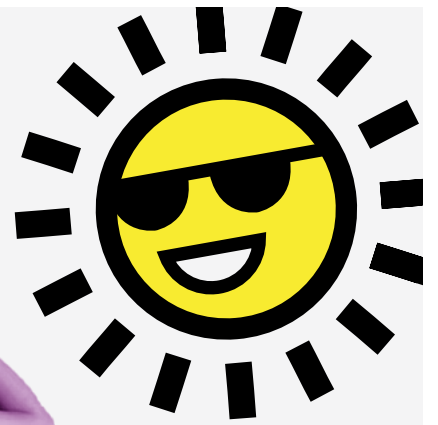
Peace can also come from being fully present in the moment. Instead of rushing from one activity to the next, try to enjoy and appreciate the moment at hand without thinking too much of the past and future. Appreciating the presence can often show us how ordinary moments can turn into cherished memories.

Lastly, it is helpful to keep in mind that peace is not always the absence of activity. Life is full of responsibilities, unexpected changes, and last minute plans that change, but inner peace can still be practiced in the middle of it all. A busy summer does not always mean a restless mind. It may not look perfectly calm from the outside, but peace is not always about how life appears. It is okay to remind ourselves we can slow down internally, breathe, and choose gratitude throughout our day.



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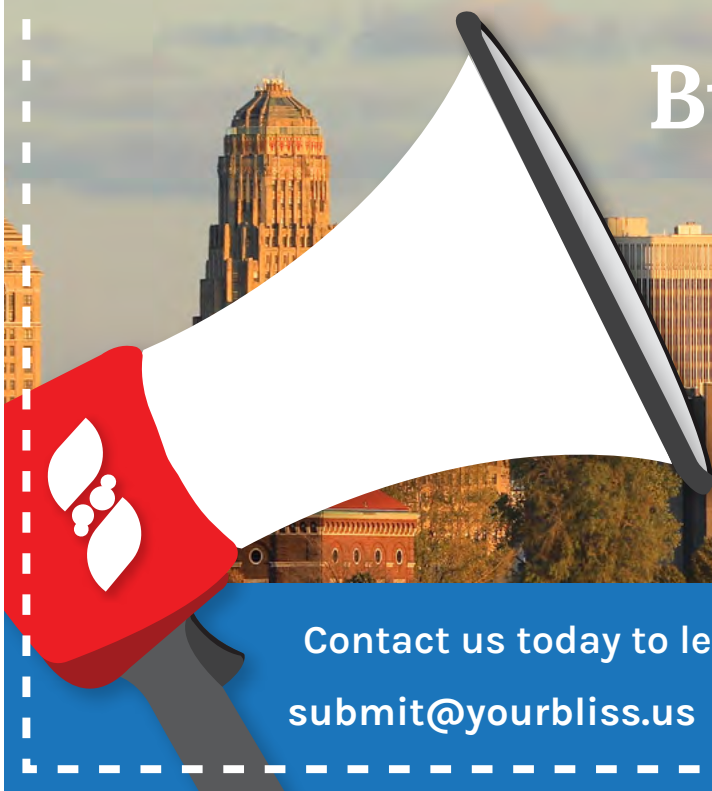
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# America: The Land of Claiming Opportunities

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine  
President & CEO, Manage Your Business LLC



A promise of opportunity. A call to rise. A land where effort meets possibility. We hear this in stories of immigrants, entrepreneurs, students, and everyday people who dare to believe that something greater lies ahead. America, often described as the land of opportunity, is an idea carried through perseverance, sacrifice, and hope. Yet, like communication, opportunity is not always clearly delivered, received, or understood. Sometimes it is overlooked, misinterpreted, or left unclaimed.

In such moments, the challenge is the ability to recognize and act upon opportunities. Patriotism, then, becomes more than a feeling—it becomes a responsibility. It is the act of engaging with one's environment, understanding the systems in place, and actively participating in the pursuit of growth and contribution. To claim opportunity in America requires awareness, preparation, and intentional action. One must not only dream, but also plan, adapt, and persist.

Context matters. Just as in communication, understanding the landscape—economic, cultural, and social—is essential. The tools available are many: education, community networks, innovation platforms, and civic participation. Choosing the right path, like choosing the right medium for a message, determines the success of the outcome. Thoughtful decisions, guided by purpose, shape the journey.

Practicing patriotism in this context means investing in both self and society. It means recognizing one's potential while uplifting others along the way. It is not always easy. There are setbacks, barriers, and moments of doubt. However, through consistency and engagement, the ability to navigate and claim opportunity strengthens.

As we reflect on what it means to belong to this nation, let us remember to actively participate in its promise. Engage fully, think critically, and act purposefully. In doing so, we honor the idea of America by helping to sustain it.



# Media Corner: A Shameless Promotion of Drop Ins

By: Alex Tilton

Hello. I wanted to tell you that I wrote a book.

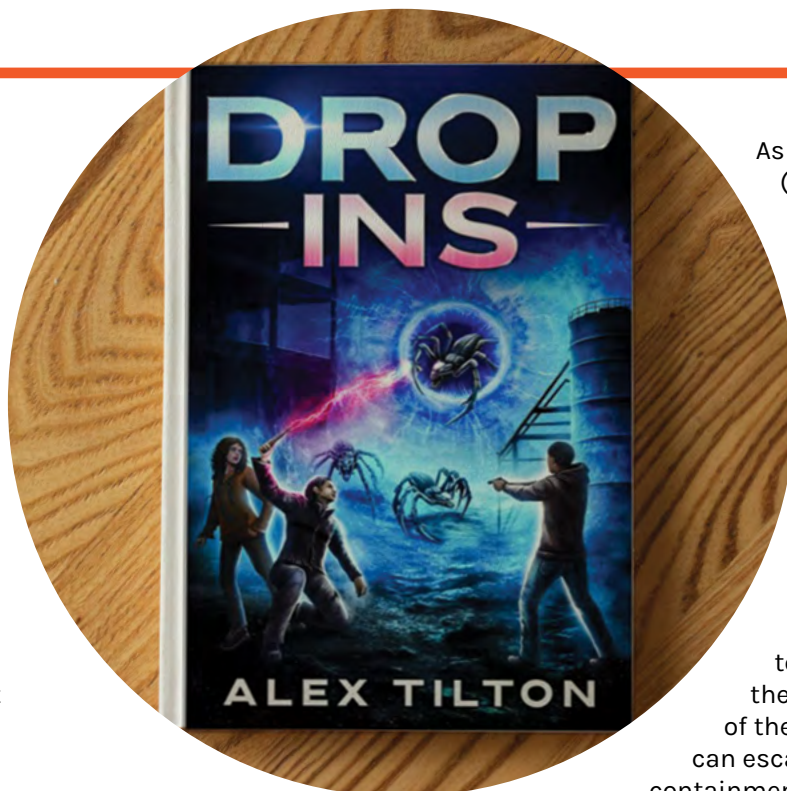
For years when I was a younger adult, I was hopelessly addicted to the Urban Fantasy genre, magic in the modern world for the uninitiated. I spent years working on a novel, never really thinking it would go anywhere. But there was a lot of joy in writing. After a few years, I finally took the step of hiring a professional editor. I wanted whatever feedback I could get but mostly I needed an honest answer to one question: "Is this publishable?"

And the answer was yes. There were things that needed polishing, but I did all that. Then it sat for a while as life moved on, and I got married. My wife loved the book and essentially refused to let me not do anything with it. I explained the great difficulty of getting an agent, let alone getting published, and she told me (basically) to stop whining and just publish it myself. So I hired an artist on Fiverr to make me a cover and...

The book is out now on Amazon. It's called: "Drop Ins", and here's the blurb from the back:

"Corwin Dean lives and works in Philadelphia as part of an invisible community of mages who cohabit alongside normal people under the auspices of their own government called The Collegium.

Their existence is known only to each other and high-ranking government officials. Since the world 'knows' that magic isn't real, mages can live more or less normal lives. Usually.



As the Philadelphia Praetorian (Collegium troubleshooter) Corwin has responsibility for protecting the local population and assisting their host government however he can.

So when an attack on an apartment building full of Burmese refugees provokes a lethal response from a group of previously unknown sorcerers, Corwin is called in to work alongside FBI Special Agent Bo Khine to unravel the reasons behind the attack and find the identities of the sorcerers before the conflict can escalate beyond any hope of containment, or recovery."

If you've been reading my reviews for a while you know the tone of my writing: snarky, cynical, and desperately hoping to find something sincere in an ocean of cheaply produced dreck. Be assured the book is very much in the same tone.

It is meant for an adult audience and I personally would give it a rating of 'M' for mature. It explores themes of accepting adult responsibility, getting over your past, and finding something worth living for. Characters come from a variety of backgrounds, which I have endeavored to research as thoroughly as possible to represent them as real people with layers, good qualities, serious flaws, and the ability to kick significant amounts of ass.

If you enjoy fantasy adventure, you will enjoy this. A sample is available on Amazon that will give you the first four chapters so you can get a taste of things to come. I appreciate the opportunity to shamelessly self-promote in this forum, and I hope you enjoy the read.



# Healthy Skin Starts with Sun Protection

UV protection has many benefits, including lowering your risk of skin cancer.

Using a SPF 30+ sunscreen daily is essential.



UV-protective clothing is a great way to protect your skin.

UV rays can even damage skin indoors.



## Key takeaway:

Wear sunscreen every day and get regular skin checkups to best prevent skin damage, early aging, and skin cancer.

## A Doctor's Guide to UV Safety

By: Dr. Riffat Sadiq, CEO, WNY Medical PC, Channel Creator

In my point of view, UV protection is not only used as shielding the skin from sunburn, it is also helpful as a daily used healthcare treatment against premature aging, reduces the risk of skin cancer, preventing melanoma and dark spots.

I always find myself reminding my patients that UV rays penetrate through windows and clouds as they provide little defense and the effect of these rays are long lasting.

Some of the preventive measures are applying Broad-Spectrum SPF 30+ after every 2 hours and using clothes that can be used as blockage for these rays.

When the prevention measures are unsuccessful, then dermatological services act as the essential backup. Treatments like full-body skin exams for early detection of spot specious moles, dermoscopy that supports precise diagnosis of certain skin changes, cryotherapy and excisions are found helpful in removing skin cancer and actinic keratoses at early age.

Using sunscreen daily will be beneficial for my patients. Along with this, annual dermatology exams are also beneficial for the patient as professional guidance offers the patient chances for beautiful, healthy skin.

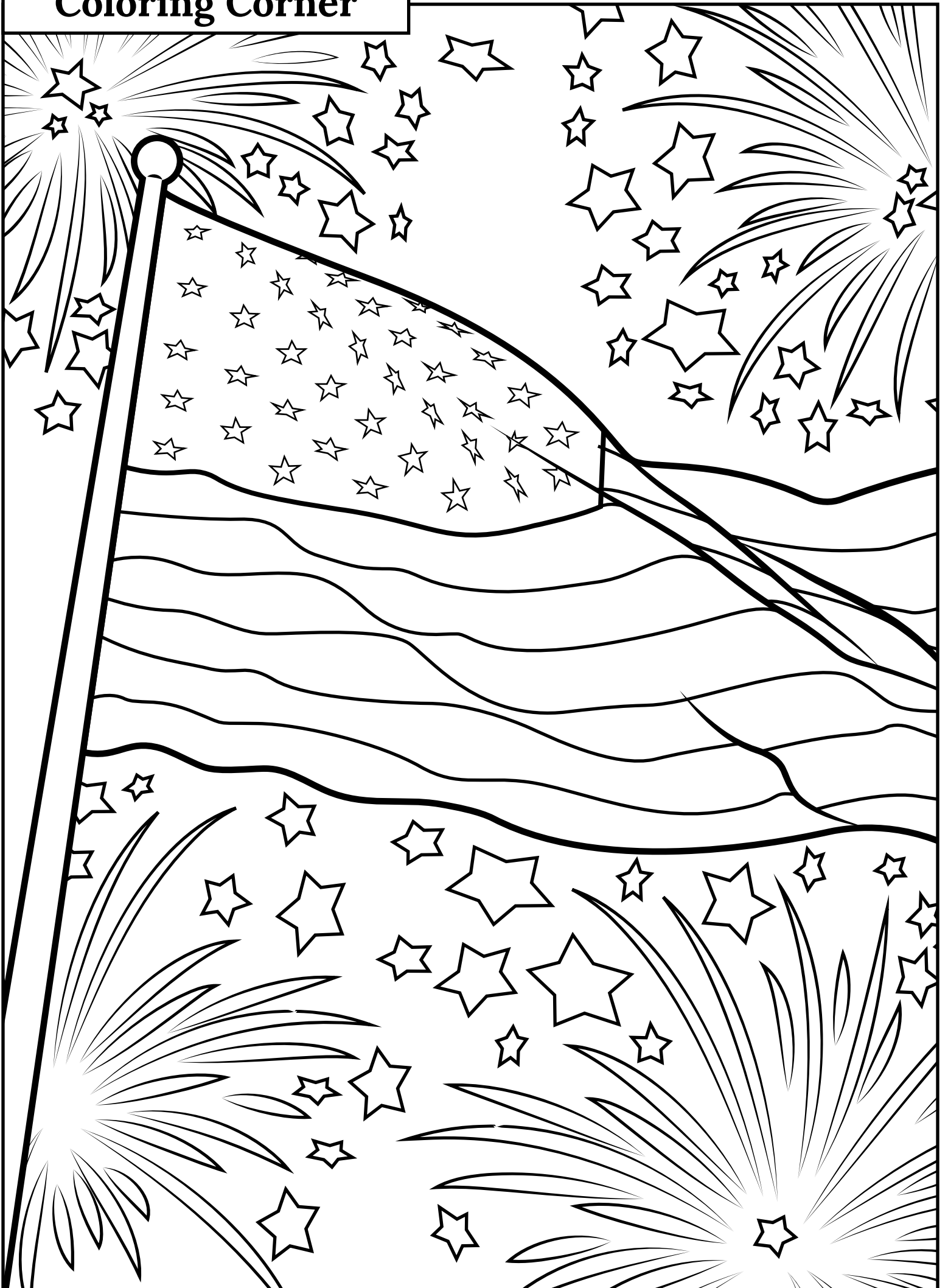


### Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch and subscribe to Dr Sadiq's videos on YouTube, DrRSMD.



# Coloring Corner



# HOMEMADE FRUIT POPSICLES

10 Servings, 7 hrs prep time, 100 calories per servings

## INGREDIENTS

### Peach Strawberry Yogurt Popsicles

3 cups strawberries, pureed to 1 1/2 cups  
3 cups peaches, peeled and sliced, pureed to 1 1/2 cups  
2 tablespoons honey, divided  
2/3 cup vanilla greek yogurt

### Blackberry Lemon Yogurt Popsicles

2/3 cup lemon juice, plus zest from lemons  
2 1/2 cups vanilla greek yogurt  
2 1/2 blackberries  
2 1/2 cup mixed berry greek yogurt

### Orange Mango Coconut Yogurt Popsicles

4 cups mango, divided  
2 cups coconut milk, whisked and divided  
3 tablespoons orange juice  
3 tablespoons honey



## POPSICLE RECIPE

### Peach Strawberry Yogurt Popsicles

In a blender, puree strawberries with four teaspoons honey then set aside. Puree sliced peaches with two teaspoons of honey,

Layer the popsicles as follows; 2 teaspoons strawberry puree, 1 teaspoon yogurt, 2 teaspoons peach puree and repeat.

Tap the mold on the counter to make sure all of the layers settle. Use a small spoon to drag vertically from the bottom to the top of the mold a few times to create a swirled pattern. Gently tap the molds on the countertop to remove any air bubbles. Insert the popsicle sticks, and then freeze for at least 6 hours.

### Blackberry Lemon Yogurt Popsicles

In a medium-sized bowl whisk together lemon juice, zest, and vanilla yogurt, set aside. Puree blackberries and mixed berry yogurt, set aside.

Layer the popsicles as follows; 1 tablespoon lemon, 1 tablespoon blackberry, repeat.

Gently tap the molds on the countertop to remove any air bubbles. Insert the popsicle sticks, and then freeze for at least 6 hours.

### Orange Mango Coconut Yogurt Popsicles

Puree 3 cups mango slices, 1 1/2 cup coconut milk, orange juice, and honey. Cut the remaining 1 cup mango slices into 1/4-inch cubes. Evenly divide them among the popsicle molds.

Add 3 tablespoons of mango coconut mixture, gently tapping mold on the counter to make sure liquid fills in the diced mango spaces.

Add 1 tablespoon of coconut milk, or until the mold is filled. Insert the popsicle sticks and then freeze for at least 6 hours.



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