

GBU AHN

The Greater Buffalo United Accountable Healthcare Network



TAKE
ME
HOME!

January 2017

G-Magazine

Letter from GBUAHN

The frigid temperatures and winter weather may make it difficult to get outdoors, but we encourage you to continue to exercise and stay well! The colder months help us to find enjoyment in our homes. We hope you enjoy celebrating with family, old friends, and new friends in everyday life, and continue to learn and grow.

We encourage you to enjoy this winter and spring season to the fullest while keeping your safety in mind. Our Patient Health Navigators, Community Health Workers, and executive staff care about your mental and physical health. We know it's easy to overindulge in the company of good people, but we encourage you to take your wellbeing into consideration. YOU are the first step in improving your health.

This issue of GBUAHN's Health Magazine was written to help you improve your mental and physical health. We hope to help you to manage your overall well-being.

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January is National Blood Donor Awareness Month Blood Donation Facts and Statistics

Facts about blood needs

Every two seconds someone in the U.S. needs blood.
Approximately 36,000 units of red blood cells are needed every day in the U.S.
Nearly 7,000 units of platelets and 10,000 units of plasma are needed daily in the U.S.
Nearly 21 million blood components are transfused each year in the U.S.
The average red blood cell transfusion is approximately 3 pints.
The blood type most often requested by hospitals is type O.
The blood used in an emergency is already on the shelves before the event occurs.
It is estimated that sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require frequent blood transfusions throughout their lives.
More than 1.68 million people are expected to be diagnosed with cancer in 2016. Many of them will need blood, sometimes daily, during their chemotherapy treatment.
A single car accident victim can require as many as 100 pints of blood.

Facts about the blood donation process

Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded.

Blood donation is a simple four-step process: registration, medical history and mini-physical, donation and refreshments. Every blood donor is given a mini-physical, checking the donor's temperature, blood pressure, pulse and hemoglobin to ensure it is safe for the donor to give blood.

The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 minutes. Donors may save time by completing a RapidPass on the day of their donation prior to arriving at the blood drive.

The average adult has about 10 pints of blood in his body. Roughly 1 pint is given during a donation.

A healthy donor may donate red blood cells every 56 days or Power Red every 112 days.

A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.

All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be released to hospitals.

Information you give to the American Red Cross during the donation process is confidential. It may not be released without your permission except as directed by law.

Facts about donors

The number one reason donors say they give blood is because they "want to help others." Two most common reasons cited by people who don't give blood are: "Never thought about it" and "I don't like needles."

Half of Red Cross donors male, and half are female.

The Red Cross only accepts blood donations from volunteer donors.

Among Red Cross donors in a given year, 24 percent donate occasionally, 26 percent are first-time donors, and 50 percent are regular, loyal donors.

Only 7 percent of people in the U.S. have type O negative blood. Type O negative donors are universal red cell donors as their blood can be given to people of all blood types.

Type O negative blood is needed in emergencies before the patient's blood type is known and with newborns who need blood.

Forty-eight percent of people in the U.S. have type O (positive or negative) blood. This percentage is higher among Hispanics – 57 percent, and among African Americans – 51 percent.

Courtesy of Redcrossblood.org



Do you have Medicaid???

GBUAHN can help!

We can assist you with:

Making doctors appointments; Finding transportation

Nutritional education; Social Services assistance

Call us NOW!

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www.gbuahn.org

"Because your care matters"



THEY SUPPRESS MELATONIN.

The blue light emitted by screens on cell phones, computers, tablets, and televisions restrain the production of melatonin, the hormone that controls your sleep/wake cycle or circadian rhythm. Reducing melatonin makes it harder to fall and stay asleep. Most Americans admit to using electronics a few nights a week within an hour before bedtime. But to make sure technology isn't harming your slumber, give yourself at least 30 minutes of gadget-free transition time before hitting the hay. Even better: Make your bedroom a technology-free zone—keep your electronics outside the room (that includes a TV!).



Our cell phones, tablets, computers and other electronic gadgets have become such a huge part of our daily lives that it's often hard to put them down—even at bedtime. Keeping your phone on your nightstand may not seem like a big deal, but technology affects your sleep in more ways than you realize. Whether you're surfing the web, playing a video game, or using your phone as an alarm clock in the late evening, you're probably keeping yourself from a restful night. Learn the facts about digital devices, below, so you can nip your tech habits in the bud.

THEY KEEP YOUR BRAIN ALERT.

It may seem harmless to knock out a few emails before bed or unwind with a favorite movie, but by keeping your mind engaged, technology can trick your brain into thinking that it needs to stay awake. And if you're surfing the web, seeing something exciting on Facebook, or reading a negative email, those experiences can make it hard to relax and settle into slumber. After spending an entire day surrounded by technology, your mind needs time to unwind.



THEY WAKE YOU UP.

Just because you're not using your cell phone before bed doesn't mean that it can't harm your sleep: Keeping a mobile within reach can still disturb slumber, thanks to the chimes of late night texts, emails, calls, or calendar reminders. About 72 percent of children ages six to 17 sleep with at least one electronic device in their bedroom, which leads to getting less sleep on school nights compared with other kids, according to their parents. The difference adds up to almost an hour per night, and the quality of snoozing is negatively affected too. To get a better night's slumber, parents can limit their kids' technology use in the bedroom, and mom and dad should be solid role models and set the tone by doing the same.

Courtesy of Sleep.org

From the G-Health Dietitian:

Getting enough sleep has many benefits to our overall health. In fact, there is a link between how much we sleep and having a healthy weight. Not getting enough sleep can potentially cause us to be hungrier during the day too! Think about when you've had very little sleep – sometimes we are more likely to grab that extra bagel or caffeinated, sugary drink to “keep us going”. When we sleep enough, we are physically and mentally sharper, and quite possibly – more able to make healthier choices during the day.

The Beginner's Guide to Winter Running

Even if you aren't a runner, winter is notorious for presenting a unique set of challenges: freezing temperatures, snow, ice and sleet. So why on earth would you leave your warm bed to run in those conditions?! The simplest answer is that running in winter will make you a better runner. If you stay disciplined and continue to run regularly despite the conditions, you'll likely become stronger and faster by spring. The good news is, if you're prepared to handle those conditions, winter running can be pretty enjoyable!

WHY IS IT HARDER TO RUN IN THE WINTER?

The mental challenge of winter running is obvious. Even if you enjoy running in colder temperatures, the shortened daylight hours and winter storms can take their toll on your motivation and psyche. But there are also several reasons why running in winter is more physically challenging, too:

1. Your muscles work less efficiently in colder temperatures.
2. Your body produces more lactate in the cold, which can slow your tempo pace as well as all other race paces.
3. Cold, dry air can make breathing more difficult, especially for those who suffer from asthma.

While you're never going to race as efficiently in 10° weather as you would in 50° weather, dressing appropriately for the conditions will help you prepare for these difficulties. And the physical and mental strength you'll gain from running outside in frigid conditions will benefit you year-round.

WINTER GEAR

Aside from your clothing basics, there are all sorts of gear options to make you more comfortable in the cold. Here are several that may be helpful:



Sunglasses: These may seem like a less obvious choice in the colder months, but sunglasses are a necessity to protect against the glare of the winter sun—particularly when there is snow on the ground. They can also protect your eyes from dry air, wind and blowing snow.

Balaclavas: Otherwise known as a face mask, balaclavas are definitely a case where function trumps fashion! They are often made of fleece or neoprene fabric that provides wind protection as well as breathability. When the temperatures drop precipitously and the wind is howling, a balaclava will be your best friend.

Neck gaiters: These neck coverings come in all types of fabrics and weights. They cover the space between your hat and scarf, keeping the cold air off your neck.

Traction devices: When packed snow and ice make roads and sidewalks a slippery mess, you can still get out safely with a variety of traction options for your shoes. Three possibilities are Stabilicers, Kahtoola Nanospikes and Yaktrax. All three slip over your running shoes and have cleats and/or metal coils to give you better grip on slippery surfaces.

SAFETY FIRST!

Since winter running often involves going out in slippery or dark conditions, it's essential to be extra vigilant to keep yourself safe. Running in daylight is ideal, but that isn't always possible. If you're out in the dark, be sure to make yourself visible by wearing reflective gear.

Never assume a car can see you, especially when snow is piled high on the side of the road. A bright headlamp will also light your way and make you more visible to oncoming traffic.

While toughing it out in cold, blustery weather is admirable, sometimes conditions are just too treacherous to head out the door. Although pushing yourself to get outside regularly in the winter will benefit your running, know that it's OK to stay indoors (run on the treadmill or cross-train) when conditions make injury or frostbite a real possibility.

Courtesy of Mapmyfitness.com

10 Unexpected Ways To Meditate Every Day

Standing Meditation:

Standing instead of sitting to meditate can relieve lower back pain and promote a greater sense of internal stability. As with any form of meditation, begin with a short period of time—start with five minutes only. Stand in a comfortable, straight posture with the feet pointing straight forward, about shoulder width apart. After settling into the position, do a quick full-body “scan,” releasing tension and bringing awareness to every part of the body.

Walking Meditation:

In walking meditation, called *kinhin* in the Zen tradition, practitioners move slowly and continuously while staying aware of the body and mind. For this form of meditation, use good posture (just like seated meditation), take deep breaths, and experience the motions of the body. The walking movement should be continuous, so pick a safe place with space to roam around, like a large park or field.

Tai Chi:

This ancient wellness practice, which means “Grand Ultimate” in Chinese, is all about aligning energy in the body as well as the mind. In traditional Chinese medicine, illness or pain happens when the life force, *chi*, is disrupted. The contemplative practice of *tai chi*—which looks like slow-motion dancing—is supposed to realign the body’s *chi*. This form of moving meditation may increase memory and brain size, as well as alleviate symptoms of fibromyalgia.

Qigong:

Like *Tai Chi*, *Qigong* is a form of “moving meditation” that uses rhythmic physical movements to focus and center the mind. *Qigong* is also used to regulate, maintain, and heal the body’s *chi* or energy force. The practice works as a combination of meditation and low-impact exercise and can reduce stress and anxiety, improve blood flow, and increase energy. Studies have shown that *qigong* meditation is an effective therapy for those overcoming substance abuse, especially for women. Because it combines mindful meditation with body movements, *qigong* can be used as a mental, physical, or spiritual exercise.

Hand Movement Meditation:

For many people, the toughest part of meditation is sitting without moving for an extended period of time. It’s so hard to resist the urge to pick at an itchy spot because scratching activates areas of the brain that control pain



and compulsive behavior. What’s the best solution to this conundrum? Try hand movement meditation, in which participants focus on moving the hands slowly and mindfully.

Gazing Meditation:

If staring into space or spacing out is your jam, try *Trataka* or fixed-gazing meditation. This unusual style of meditation encourages participants to focus inward by staring at a fixed object while sitting or standing. *Trataka* has many alleged benefits, from physical pluses like eye health and headache relief to mental advantages such as lower stress levels and better focus. If outdoors, fix the gaze on a natural object like a stone, tree, or even the moon (just avoid staring at the sun). Indoors, try looking at the center of a lit candle or an interactive computer graphic. *Trataka* can be pretty intense, so start very slowly—stare for just 15 to 20 seconds, with plenty of rest time. Eventually work up to 10 or 15 minutes.

Breathing Meditation:

This technique takes those pre-yoga class “Oms” to the next level. Also called *yogic breathing* or *Pranayama*, this meditation style is all about controlling the inhales and exhales. Greatist Expert Dr. Jeffrey Rubin explains, “Longer exhales tend to be calming, while longer inhales are energizing. For meditative purposes either the ratio of exhale to inhale is even or the exhale is longer than the inhale for a calming effect.” This type of meditation can be done anywhere, anytime.

Meditation can mean much more than sitting on a pillow for an hour. Try one of these alternative meditation styles to find the best fit and incorporate mindfulness into any daily routine.

*Special thanks to Greatist Expert Dr. Jeffrey Rubin for his contributions to this article.
Courtesy of greatist.com*

Eating Disorders Awareness Week (February 26-March 4, 2017)

What Are Eating Disorders?

Eating disorders involve serious disturbances in eating behavior, such as extreme and unhealthy reduction of food intake or severe overeating, as well as feelings of distress or extreme concern about body shape or weight. The four most common eating disorders are Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Other Specified Feeding or Eating Disorders (OSFED). Eating disorders currently affect approximately 25 million Americans, in which approximately 25% are male. Anorexia has the highest mortality rate among all psychological disorders.

Eating disorders do not discriminate between sex, class, race or age. They can and do happen to anyone. Contrary to popular belief, an eating disorder is not based on food. There are several contributing factors that may lead to the emergence of an eating disorder although no defined cause has been established. An eating disorder can go unnoticed for a significant amount of time, and often, if it is recognized, denial usually follows, leaving the disorder still untreated.

If you suspect that you or someone you know has developed an eating disorder, please do not deny that a problem exists and try to get specialized, professional help as soon as possible. Learn about eating disorders and do not be afraid to talk to someone about your situation. Major health hazards may occur if an eating disorder goes undetected and/or untreated. Please know that help is available and recovery is definitely possible.



What Causes Eating Disorders?

Eating Disorders are brain-based, biological illnesses with a strong genetic component and a psychosocial influence.

Contributing Factors:

Biological factors

Eating disorders often run in families. Risk of developing an eating disorder is 50-80% determined by genetics. Women with a mother or sister who has/had Anorexia Nervosa are 12 times more likely than others to develop it themselves. They are four times more likely to develop Bulimia.

Social factors

With unrealistic pressures to obtain the “perfect” body, the constant influx of images of perfection, and narrow definitions of beauty, the media and societal expectations definitely influence our self-esteem and self-worth. From a very early age, we learn that in order to be accepted, we must emulate the messages we were taught by various outlets (such as “thin is beautiful” and other “standards of beauty”). According to Dr. Linda Smolak, Ph.D, “The average woman is 5”4’ and weighs 140 pounds. The average model is 5”11’ and weighs 117 pounds. Most fashion models are thinner than 98% of American women.”

Psychological factors

Eating disorders have substantial co-morbidity with other mental health disorders including depression, anxiety, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, and personality disorders.

Interpersonal factors

History of abuse:

Studies have shown that there are a high number of people suffering with eating disorders who have been subjected to some form of emotional, physical, or sexual abuse. Many of these people have found that their eating disorders help to protect them, repress or block out the memories, or numb their feelings.

Being teased for size or weight:

If an individual was constantly made fun of (name-calling, jokes, etc.) when he/she was growing up, he/she might be inclined to turn to/away from food as a coping mechanism.

Eating Disorders Awareness Week (cont'd)

Traumatic life event(s):

Disordered eating may arise as a result of a death, loss, or abandonment. Because of an inability to mourn and/or cope, the individual will attempt to numb his/her feelings through restriction, bingeing and purging, or bingeing.

Debunking Eating Disorder Myths

1. Eating disorders are primarily about food.

“Just eat.” This might be your intuitive response to someone who refuses food — or to someone who’s bingeing. “Just stop eating.” Eating disorders have complex causes and can’t be willed away.

2. People who are normal or overweight cannot have eating disorders.

It is difficult to predict whether or not someone has an eating disorder because not all eating disorders are determined by the size and weight of a person. An eating disorder is not always easy to detect based on weight. Bulimics tend to be at an average, or even above average, weight. Compulsive overeaters are typically overweight rather than underweight.

3. You can never exercise too much.

While in most cases exercise can be very beneficial, too much exercise, and not enough calorie absorption in the body, is harmful. Excessive exercise can be very unhealthy causing problems such as dehydration, fatigue, injuries such as shin splints, cartilage damage and stress fractures, osteoporosis, amenorrhea, heart problems and arthritis.

4. Only women can be affected by eating disorders.

Women are not the only ones who can suffer from eating disorders. In fact, the latest information states that 1 in 4 cases of eating disorders affect men.

5. Eating disorders are a disease of vanity/ by choice.

People do not choose to have eating disorders. They develop over time and require appropriate treatment to address the complex medical/psychiatric symptoms and underlying issues. There are several contributing factors that may lead to the emergence of an eating disorder although no defined cause has been established.

6. It’s all about food really.

Usually, eating disorders are indicators to a repressed problem. Some people turn to food for comfort. By focusing on food, weight and calories, a person is able to block out or numb painful feelings and emotions.

7. Only people of high socioeconomic status get eating disorders.

People in all socioeconomic levels have eating disorders. The disorders have been identified across all socioeconomic groups, age groups, religions, both sexes, and in many countries in Europe, Asia, Africa, and North and South America.

8. Eating disorders only occur in young girls and adolescent females.

Eating disorders do not discriminate between age and gender. 1 in every 4 eating disorders cases are male. Also, the most rapidly growing group of individuals developing eating disorders are women in midlife.

9. Men who suffer from eating disorders tend to be gay.

Sexual orientation has no correlation with developing an eating disorder.

10. Achieving normal weight means the eating disorder is cured

Weight recovery is essential to enabling a person with Anorexia to participate meaningfully in further treatment, such as psychological therapy. Recovering to normal weight does not in and of itself signify a cure, because eating disorders are complex medical/psychiatric illnesses.

Courtesy of allianceforeatingdisorders.com



15 Fun Valentine’s Day Family Traditions

By Dr. Laura Markham

Valentine’s Day is one of my favorite holidays, because it celebrates the purpose of life. No, not chocolate, LOVE!

Parents often ask me how they can find time to deepen their connection with their children, given how busy they are. Because Valentine’s Day is all about love, it gives you the perfect opportunity to create more love in your family, not only between parent and child, but between siblings.

We all need to be cherished. But despite our good intentions, too often we forget to tell the people we love just how precious they are to us. Valentine’s Day reminds us to tell all of our loved ones (not only our sweethearts) how glad we are that they’re in our lives.

Want some simple ideas to celebrate Valentine’s Day, when you’re too busy, too broke, and maybe even too harried to remember that you really adore these people you live with?

1. Rethink Gifts.

Valentines Gifts are NEVER about the item or product. That teaches all the wrong lessons about love. Make this about the heart to heart expressions that build intimacy and connection. That means handmade cards, extra loving time together, or massages, not purchased gifts.

If you must buy a gift, choose it using the G.I.F.T. test: does it create more Gratitude, Intimacy, Fondness and Trust between you, or does it just impress? In other words, a bottle of inexpensive champagne, some sandwiches, and an invitation to a massage and supper in bed after the kids are asleep meets this test a lot better than jewelry or candy. For kids or adults, try one of the gift ideas below.

2. Alternate gift ideas:

- A Letter of Appreciation
- Homemade Valentines
- A gift certificate for a backrub or foot massage every night for a month

3. Get up a few minutes early so you can enjoy opening each other’s Valentines at breakfast. Be sure to include something heart-shaped or sweet to eat.

4. Let your kids know your love is with them all day

...by tucking little construction paper hearts with love notes into their backpack, lunch, jacket pocket, etc., for them to find throughout the day.

5. Make the dinner mood festive with a short family dance party

Make the dinner mood festive with a short family dance party before dinner. Don’t forget the romantic slow dance for the grown-ups! After the dancing, eat with candles on the table.

6. At dinner, go around the table and give each person a chance to give an appreciation

...to every other family member. They don’t have to be earth-shaking to strengthen relationships.

7. Find five minutes to spend by yourself giving thanks for those you love. One at a time, visualize yourself hugging them, and them beaming back at you. Let the infinite tenderness of your love for them wash over you. Ask for help to let go of anything that gets in the way of being close to this person, who is so precious to you.

8. Spread the love.

Before Valentine's Day, invite your kids' friends to make Valentines. Good music, delicious snacks and a digital or an instant camera seem to provide enough cool context for tweens and even younger teens to let themselves enjoy this project. Inviting friends always seems to double the fun, whatever their age.

9. Keep Valentines from past years and decorate the house

...with them for the week before and the week after. Each year you'll ooh and ah over beautiful ones from the past, and the messy, misspelled hearts from the little ones will become priceless evidence of their past adorableness, which even they will treasure as they get older. For the month of February, your house will be papered with love.

10. Your kids can make very simple Valentines for their class

...which do so much more to fill kids' cups than the store-bought ones. Just cut out hearts, or run them out of the computer. Your child can color and decorate and elaborate as much or little as he wants. Or take your child's drawing and have it color copied with red ink, then just write in the names.

11. Make some extra valentines

...to pass out as you go through your day. You'll be amazed whose day you'll brighten: the subway token clerk, the grocer, coworkers, neighbors, a homeless person you pass on the street. You'll go home with your own heart glowing and a few sizes larger. You might even just want to leave anonymous valentines at each neighbor's door.

12. Need candy to make the day complete?

In our house, sweets were never a major part of Valentine's day, but we make cookies if we can find the time. Be aware that teachers say the red dye is worse than the sugar in setting kids off. Chocolate, on the other hand, is the perfect food.

13. How about a telephone valentine chain?

Call someone dear to your family and pass the phone around to take turns telling this person you love them. Then ask that person to "Pass it forward" by calling someone they love, asking that person to call another, etc.

14. Sound surround yourself with love.

This is the day for your Love Song playlist. Skip the heartbroken ones and go straight for celebration, all day long!

15. Love in Practice.

If you'd like your kids to take pride in making the world a better place, Valentine's Day is a great opportunity to express love for others by taking valentines goodies or homemade valentines to a nursing home, hospital, or soup kitchen.

However you decide to celebrate, I hope February 14 brings more love into your life. Happy Valentine's Day!

Courtesy of aharenting.com

Recipe Corner

Wild Rice Stuffing with Apple & Sausage

This amazing wild-rice stuffing recipe is bursting with rustic fall flavors, including rye bread, sausage, apples, dried cherries, pecans and fresh herbs.

Ingredients

- | | |
|--|---|
| 1 1/4 cups wild rice (8 ounces) | 1 cup dried cherries |
| 4 cups cubed Jewish rye bread (1/2-inch cubes), preferably day-old | 1 cup coarsely chopped pecans |
| 1 pound sweet turkey sausage, casings removed | 1 1/2 tablespoons minced fresh marjoram |
| 2 cups chopped leeks, white and light green parts only | 2 teaspoons minced fresh thyme |
| 2 tart apples, cut into 1/4-inch dice | 1/4 teaspoon salt |
| 1 cup diced celery | 1/4 teaspoon freshly ground pepper |
| 3 cups reduced-sodium chicken or turkey broth | |

Directions

1. Preheat oven to 300 °F.
2. Place rice in a medium saucepan and add enough water to cover by about 1 1/2 inches. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until tender, about 1 hour. Drain well.
3. Meanwhile, spread bread on a baking sheet; bake, stirring once halfway through, until dry and crisp, about 25 minutes.
4. Increase oven temperature to 425 °. Coat a 3- to 4-quart baking dish with cooking spray.
5. About 15 minutes before the rice is done, cook sausage and leeks in a large skillet over medium heat, stirring and breaking up with a spoon, until the sausage is browned, 6 to 8 minutes. Add apples and celery; cook for 3 minutes more.
6. Transfer the sausage mixture to a large bowl. Add the rice and bread, then stir in broth, cherries, pecans, marjoram, thyme, salt and pepper. Transfer to the prepared baking dish and cover tightly with foil.
7. Bake the stuffing for 35 minutes. Uncover and bake until the top is browned, 15 to 20 minutes more.

*Make Ahead Tip: Prepare rice (Step 2), cover and refrigerate for up to 3 days; toast bread (Step 3), cover and store at room temperature for up to 2 days.

Courtesy of eatingwell.com



Spicy Kale Salad

Ingredients

- 20 large leaves tuscan kale (a.k.a. cavolo nero, the flat-leafed kind), ribs removed, sliced
- 1 clove garlic
- 1/4 cup olive oil
- 1/2 lemon, juiced
- 1/4 cup grated pecorino romano cheese, plus more for serving
- Pinch red chile flakes
- Salt (optional)
- 1 slice sourdough bread, toasted and broken into bread crumbs

Directions

1. Place kale in a medium bowl.
2. In a mortar and pestle (or food processor), combine garlic and olive oil until garlic is fully smashed. Add lemon juice, cheese, and chile flakes, and season to taste with salt if needed.
3. Pour dressing over kale and toss to fully coat leaves. Top each serving of salad with breadcrumbs and more cheese. Serve within an hour after dressing it to avoid wilting leaves.

Courtesy of greatist.com



How YOU Can Talk. Test. Treat.

The only way to avoid getting an STD is to not have vaginal, anal, or oral sex. If you are sexually active, or thinking of becoming sexually active, it is important that you Talk. Test. Treat. to protect your health. Understanding what you can do to lower your risk of getting infected is the first step. After all, STD prevention begins with you.

TALK

Talk openly and honestly to your partner(s) and your healthcare provider about sexual health and STDs.

Talk with your partner BEFORE having sex. Make sure your discussion covers several important ways to make sex safer:

- Talk about when you were last tested and suggest getting tested together. If you have an STD (like herpes or HIV), tell your partner.
- Agree to only have sex with each other.
- Use latex condoms the right way every time you have sex.

Talk with your healthcare provider about your sex life, and ask what STD tests you should be getting and how often.

- Not all medical checkups include STD testing, so unless you discuss if you're being tested, you shouldn't assume that you have been.
- Vaccines for Hepatitis B and HPV vaccine are available. Ask your doctor whether these are right for you.

TEST

Get tested. It's the only way to know for sure if you have an STD. Many STDs don't cause any symptoms. If you're having sex, getting tested is one of the most important things you can do to protect your health.

Find out which STD tests CDC recommends that you should get. And remember, pregnancy doesn't protect against STDs. If you're having sex, you're still at risk.

If you're not comfortable talking with your regular healthcare provider about STDs, find a clinic near you that provides confidential and free or low-cost testing.

TREAT

If you test positive for an STD, work with your doctor to get the correct treatment.

Some STDs can be cured with the right medicine from your doctor. It's important that you take all of the medication your doctor prescribes. To make sure your treatment works:

- Don't share your medicine with anyone
- Avoid having sex again until you and your sex partner(s) have each completed treatment.



Other STDs aren't curable, but they are treatable. Your doctor can talk with you about which medications are right for you.

GYT: Get Yourself Tested

If you are sexually active, getting tested for STDs is one of the most important things you can do to protect your health. Make sure to have an open and honest conversation with your doctor about your sexual history and STD testing. A recent study found that one-third of teens didn't talk about issues of sex and sexuality during their annual health visits.

Screening Recommendations

- All adults and adolescents from ages 13 to 64 should be tested at least once for HIV.
- Annual chlamydia and gonorrhea screening of all sexually active women younger than 25 years, as well as older women with risk factors such as new or multiple sex partners, or a sex partner who has a sexually transmitted infection.
- Syphilis, HIV, chlamydia, and hepatitis B screening for all pregnant women, and gonorrhea screening for at-risk pregnant women starting early in pregnancy, with repeat testing as needed, to protect the health of mothers and their infants.
- Screening at least once a year for syphilis, chlamydia, and gonorrhea for all sexually active gay, bisexual, and other men who have sex with men (MSM). MSM who have multiple or anonymous partners should be screened more frequently for STDs (i.e., at 3-to-6 month intervals).
- Anyone who has unsafe sex or shares injection drug equipment should get tested for HIV at least once a year. Sexually active gay and bisexual men may benefit from more frequent testing (e.g., every 3 to 6 months).

Courtesy of Cdc.gov

Keeping the Air Clean at Home

Fresh, healthy air

Pollution is hazardous for your heart and can wreak havoc if you have asthma or chronic obstructive pulmonary disease (COPD). "COPD stands for two processes that almost always occur together: chronic bronchitis, which is inflammation of the airways, and emphysema, which is destruction of the fine substance of the lung," says Norman Edelman, MD, chief medical officer of the American Lung Association. But the air inside your home matters too. Take these simple steps to keep irritants out of your airways, which can help stop trouble before it gets started.

Avoid wood-burning fireplaces

Wood-burning fireplaces—charming and romantic as they may be—produce particulate matter that can get into your lungs and make it harder to breathe. "Wood-burning fireplaces put out soot and carbon," says Len Horovitz, MD, a pulmonary specialist at Lenox Hill Hospital in New York City. "There's nothing in there that's a good thing for a patient. There's no inhalant that's worse than smoke."

Keep the dust mites away

Like humans, dust mites like to burrow into mattresses and bedding. "Dust mites are a trigger for asthmatics and people with COPD and should be kept to a minimum," Dr. Horovitz says. He recommends using mattress covers and pillowcases that are bed-bug proof, which usually means they're mite-proof as well. And pick pillows that are made of foam rubber, not goose-down or feathers. Washing your linens in hot water (above 130°F) at least once a week will also keep the dust mites at bay, Dr. Edelman says.

Cut the chemicals

It's a bit of a conundrum. You need to clean up dust and pet dander, but strong-smelling cleaning products can be lung irritants. Even walking into a recently cleaned house can be a problem and wearing a mask won't necessarily help. That means using vinegar or regular old soap and water, basically "things that don't have a fragrance," says Dr. Horovitz. You should avoid hair spray, perfumes, glues, paints, and air fresheners too. "If you want to freshen your air, clean and don't mask over another odor," he says.

Control pet dander

Pet dander is less of a problem for COPD than for asthma, because dander particles are usually too big to penetrate deep into the airways, says Dr. Edelman. Still, many people with COPD also have allergies, which can exacerbate breathing problems. Dogs, cats, and even birds can be a problem (fish aren't). If you already have a pet, or you find an animal is necessary for your mental health, make sure you wash your hands after petting, and keep your pet out of the bedroom.

Filter your air

Air filters can cut down dramatically on the fine particles that irritate the lungs. "It's always better to ventilate through a system that has a filter," Dr. Edelman says. "You want to filter as many particles as you can." Changing filters often will also help keep the air clean. For the dog days of summer, central air-conditioning is best, but even then, filters make it better, Dr. Horovitz says.

Fight mold and mildew

Good ventilation systems in both the bedroom and bathroom can cut down on molds, another potential trigger of lung trouble. And because dust mites like humidity too, you should keep the moisture levels in your home unattractively low, at around 40%, Dr. Edelman says. To do so, consider using a dehumidifier and don't run a humidifier or vaporizer.

Courtesy of Health.com



GBUAHN's Groundbreaking Event



On August 3rd, 2017, GBUAHN staff celebrated the groundbreaking of their \$5 million, 40,000-square-foot medical facility. The facility will house GBUAHN and GBUACO (Greater Buffalo United Accountable Care Organization) offices. GBUACO is the first Medicaid Accountable Care Organization in New York State. The ceremony, held at the building's future location on 7th Street on Buffalo's Lower West Side, was attended by many dignitaries and public officials. Among those attending officials were Buffalo Mayor Byron Brown and New York State Senator Tim Kennedy. The state-of-the-art medical facility is expected to add up to 100 new jobs and pump \$11 million annually into the local economy. More than 50,000 patients will walk through the doors of the facility each year. The facility is scheduled for completion in spring 2017.

Contributions courtesy of Julie A. Doerr, GBUAHN/GBUACO Communications Specialist

Keep Your Immune System Healthy

Your immune system defends you against the viruses that cause colds and flu. These eight steps can help support your immune system so it's ready to fight those viruses.

1. Eat plenty of fruits, vegetables, and whole grains.
 2. Get at least 30 minutes of exercise most days of the week.
 3. Get enough sleep.
 4. Wash your hands.
 5. Keep up with your vaccinations. Almost everyone who's at least 6 months old should get a flu vaccine every year.
 6. Keep your weight healthy.
 7. Don't drink too much alcohol.
 8. Don't smoke.
 9. Get the nutrients you need.
 10. Manage your stress
- Courtesy of webmd.com



Cranberry-Orange Sauce with Thyme

Cranberry sauce: a Jell-O-jiggly mass filled with sugar (and who knows what else!) that always takes up space on the Thanksgiving table. This year, try making it from scratch. In this version, we swap out the sugar for honey. Fresh orange juice and zest add more sweetness and flavor, and the mystery ingredient—thyme—keeps dinner guests guessing (in a good way!).

Ingredients

- 1/4 cup freshly squeezed orange juice (about 1/2 orange)
- 2 teaspoons orange zest
- 1/4-1/3 cup honey
- 2-3 sprigs fresh thyme
- 4 cups cranberries

Directions

1. In a sauce pan, bring 3/4 cup water, orange juice and zest, honey, and thyme to a slight boil over medium-high heat.
2. Add cranberries and stir. Return to a simmer, stirring occasionally, until cranberries start to burst.
3. Reduce heat, stirring occasionally, until sauce reaches desired consistency.
4. Remove thyme sprigs and discard. Remove from heat and let stand (sauce will thicken as it cools).

Courtesy of greatist.com



Easy Jelly Bean Bracelets

Looking for a great project to do with the kids that is pretty easy? Jelly bean bracelets are perfect as a boredom buster project that the kids will absolutely love. I do have to say that this was a super fun family project. Plus, they make great gifts for kids to give to their friends for Easter.

Here's What You Need:

- One bag of Jelly Beans
- 1 roll of Stretch Cord
- 1 Long Sewing Needle

Step 1: Cut the elastic cording to about 6" in length. Keep it a little extra long since it's much easier to trim it to length than to re-string the Jelly Beans.

Step 2: Tie a few knots in the bottom of the cording. Keep the knot an inch or so from the end. This will really help you to tie the bracelet off when you're done. If you tie the knot right at the end and slide the jelly beans all the way to the knot, you will have a difficult time tying it off.

Step 3: Thread the cording through the needle. With younger kids, you will probably have to assist them with this, but it's great hand eye coordination practice for them.

Step 4: Thread the jelly bean through the needle and onto the cording. One thing that really helped us was to use a hard surface (like a tabletop) to help press the bottom of the needle into. You can use a thimble to slide the needle through the jelly beans. We also used a damp paper towel to periodically wipe the jelly bean guts off of the needle when it gunked up so it would slide through easier.

Step 5: Measure the bracelet on your child's wrist. Once it is long enough and you have enough jelly beans to wrap around, triple knot the bracelet and trim off the excess. There you have it! My kids absolutely LOVED making these bracelets. It was a great afternoon activity. Have fun making these!

Courtesy of Artzycreations.com



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