



FREE

## Coping with a Loss

*Reflect on the experience of the holidays without our loved ones*

## Experiences vs. Gifts

*Preserve traditions and actions with less physical gift-giving*

## “No Fly” Holidays

*Enjoy a local trip without the hassle of flying on an airplane*

## Is it the Flu or a Cold?

*Tips and advice from Dr. Sadiq on diagnosing a cold or the flu*



December 2025







Download for  
Apple Devices



Download for  
Android Devices

## Be in control of your health through the Top Health App.

WNY Medical is now making it even easier for you to manage your health. With the Top Health App, you can manage your appointments, request medication refills, view lab reports, and even make secure online payments, all from your phone. Anytime, anywhere, your care is just a tap away.

Our medical team is no longer limited to the clinic. Through the app, you can now receive support like Remote Patient Monitoring (RPM) and Remote Therapeutic Monitoring (RTM) right from home. Plus, with the built-in chat feature, you can directly connect with your provider for quick questions or follow-ups, no waiting, no hassle. Download the Top Health App today and take control of your care with WNY Medical.



**WNY MEDICAL, PC**

**(716) 923-4380 | [WNYmedical.com](http://WNYmedical.com)**

### **Amherst**

4979 Harlem Road  
4985 Harlem Road

### **Buffalo**

135 Grant Street

### **Cheektowaga**

3884 Broadway Street

### **Depew**

3218 Walden Avenue

### **Derby**

6970 Erie Road

### **East Amherst \*NEW\***

8600 Transit Road, #102

### **Niagara Falls \*NEW\***

909 Pine Avenue

### **Lackawanna**

2600 South Park Avenue

### **Orchard Park**

3320 N. Benzing Road



4011 Bailey Avenue (716) 362-7849  
Amherst, NY 14226 YourBliss.us



@YourBlissWNY @YourBliss Magazine

Submit your article, recipe, or event!  
Send to: [submit@YourBliss.us](mailto:submit@YourBliss.us)

© 2025, SunSpin Media Productions. All rights reserved.  
Reproduction in part or its whole without permission is prohibited.

## Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore aspects of mental, financial and spiritual health. Our goal is to bring you information that you can use to live a happy, healthy and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding nature of technology, knowledge and evolution of the healthcare field, 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 more fulfilled and whole life.

## Our Team

### Staff Writers and Contributors

Alex Tilton  
Ayesha Khan  
Brian Jacobs  
Hana Dawood  
Jordan Graves  
Katy Defazio  
Rachael Bannen  
Tara Belizaire

### Editor-in-Chief Executive Editor Account Manager Design Editor Website Editor Graphic Design Print Publication Copy Editors

Faizan Haq  
Katy Defazio  
Yahya Alaryani  
Rachael Bannen  
Rozina Batool  
SunSpin Media  
SunSpin Media  
Beth Hatcher  
Victoria H  
Nazish Saleem

### Content Coordinator

### Editorial Board

Victoria H  
John M. Hatcher  
CEO, JMH Advisement, LLC  
Ralph Hernandez  
Farina Mirza  
Riffat Sadiq, MD  
CEO, WNY Medical, PC  
Joe Serghany, MD  
CEO, Western New York MRI

## Table of Contents

4	Seasonal Affective Disorder
5	Cyber Monday Gift Ideas and Deals
6	Human Rights in the 21 <sup>st</sup> Century
7	“No Fly” Holiday Vacations
8	Coping with a Deceased Loved One
9	The Best Gifts Don’t Come in Boxes
10	Connections and Balance
12	Review of <i>Long Bright River</i>
13	Is it the Flu or a Cold?
14	Recipe of the Month
15	Coloring & Activity Corner



# Seasonal Affective Disorder Awareness

By: Victoria H

The air is full of holiday cheer! The winter aesthetic of holly berries, woodsy smells, cozy attire, and hot cocoa by the fireside is all around, so why are you feeling down? One thing for sure is that the season has changed. The days have gotten significantly shorter, the nights are longer, and the changing weather might be affecting your mood as well.

December is Seasonal Affective Disorder Awareness Month, providing a time to recognize how the darker, colder months affect our mental health. Seasonal Affective Disorder, or SAD, is a type of depression that flows with the seasons. Typically, it appears in late fall or winter and alleviates when spring returns. For some, the lack of sunlight disrupts the body's internal clock by lowering the essential mood and sleep regulating hormones, serotonin and melatonin.

SAD is more common than many realize. According to the National Institute of Mental Health, millions of people experience symptoms that involve low energy, sadness, and loss of interest in activities as well as changes in sleep or appetite. While anyone can develop SAD, it's more prevalent in those living farther from the equator, where daylight hours are shorter during the winter time.

If you notice that your motivation is dipping or that your mood darkens as the days have gotten colder, there are ways to combat those feelings. It is important to up your Vitamin D! Embrace natural sunlight whenever possible. Opening the blinds, going for a midday walk, or sitting near a window can make a huge difference. You can even consult your provider to see if a Vitamin D supplement is right for you. Try to stay active and connected with the important people in your life. The



holidays are a great excuse to catch up with friends and family to help ward off isolation. The best advice is to keep a gratitude journal. Taking a few minutes each day to reflect and take note of your small joys can help steer you towards a more positive mindset.

If you think you might be experiencing SAD, don't hesitate to reach out to a healthcare provider. There are treatments like light therapy, talk therapy, and medication that can be very effective. If you think someone you know might have SAD, reach out to them regularly. Maybe try to spend some time with them or offer a listening ear. Sometimes knowing that we are not alone can make all the difference.

If you are a new mother, you need to be especially aware of signs and symptoms of SAD. According to the National Institutes of Health, Postpartum Depression (PPD) can be brought on by the changing seasons as well. Developing SAD can act as a gateway into developing PPD this time of year. Check in with the moms in your life and most importantly, with yourself to try and stay ahead of the "baby blues" and the "winter blues."

Though it may be the most wonderful time of the year, it's okay to not feel so wonderful. It's normal to have your feelings ebb and flow with the seasons. Remember that SAD is common and treatable. If you need an anonymous listening ear you can call the Depression Hotline for free, 24/7 at 1-866-903-3787 or if you are in distress please dial "988" for emotional support. The dark days are not forever and spring is just around the corner! Life can be hard enough as it is so be kind to yourself. You're doing great and your best is more than enough.





# Cyber Monday Gift Ideas and Deals

By: Jordan Graves

It's officially the holiday season, and the recurring thought may appear in your mind; what does he want, what does she want, what do I want for Christmas? What's in your budget? Well, this year you don't have to worry about the cost of buying your loved ones the presents they want, because we have the deals for you! Define a clear budget and list who you're buying for, and how much you'll spend. Watch for sales so you're not paying premium prices. Consider DIY, consumables, or experience-based gifts (less expensive but often more meaningful). Local stores are a good source for gifts, toys, clothing, furniture and more. Again, you can find many gifts that can fit your budget. To save you some time, we have compiled a bunch of deals for you at some of the large retailers in our area. Or you can shop online, if you prefer.

Shop Amazon holiday deals starting November 20th through December 1st. Oftentimes Amazon products are from small businesses specializing in certain items. You can check the company by clicking on its name. Always try to find a local store when you're looking for Christmas gifts. You can compare prices with large retailers and pick what is best for your budget. You can shop Amazon Fire products and accessories for a great deal, including Amazon Fire TVs, Amazon Fire tablets, Blink and Ring doorbell cams, and even more. For those who like to DIY, art and crafts products are also on sale.

Large retailers like Walmart have many deals on a variety of products from toys, sports equipment, electronics and more. There are even more deals at other major retailers. Just check on the company's website to see what they're offering. Look for the flash sales as a way to save money.

At Best Buy, shop less and take advantage of the savings with a price slider. This allows you to choose what products are within your range. Budgets range between \$25 and \$200. Thankfully, the holiday deals extend past the holiday season until January 18th. There are new door buster deals coming every day. Worried that the gift isn't right? Well, no worry about that either! Best Buy is extending their customer return policy on product until January 16th, so you'll have a whopping two and a half months to decide if the gift is right for you.



Around this time of year, the deals are everywhere; you just need to know where and when to look. You can find gifts and trinkets for family and for yourself at a low cost, while also staying within a healthy spending budget. The holiday season isn't only about giving and receiving gifts, it's about spending time with those you love and showing appreciation for what we have and who we have. The gift bags and boxes covered in bows and wrapping paper are simply a nice bonus!



# Why Human Rights Matter in the 21<sup>st</sup> Century

By: Hana Dawood

Hot topics in the 21st century, ranging from abortion to conflicts in the Middle East to climate change debates, all pose the same question: are the principles of human rights being upheld? The twentieth century has led us to the foundation that human rights are based on equality, autonomy, and dignity. Since then, our ability to defend human rights in this new age has been repeatedly tested.

One of the most prominent examples would be the peak of the stop-and-frisk policies in New York City. According to data, African American and Latino men disproportionately had a gun raised at them during these encounters. It created feelings of fear, anxiety, and trauma among minorities. This violated the fundamental principle that all people are equal. In addition, police officers stopped civilians with little to no probable cause, breaching their right to privacy. Once it was revealed that stop and frisk was used as a discriminatory tool, it was taken to court and eventually led to a complete halt. The tale of stop and frisk in the early 2000s reveals how easily human rights can be endangered, especially for vulnerable population groups.



Another striking issue that highlighted the significance of human rights in the 21st century was the water crisis in Flint, Michigan. In 2014, the state of Michigan switched the town of Flint's water supply in an effort to save costs. This resulted in foul-smelling and discolored water that led to chronic health issues for Flint residents. When the state government overlooked the complaints, activists and residents took a stand and stated that water is a human right. Their access to something as simple as safe drinking water was being taken away.

In 2017, the court eventually sided with Flint residents and ensured that water pipes were to be replaced and that each resident had a working water filter installed in their homes. While residents suffered and are still dealing with the health consequences, their human right to water was given back to them. This struggle highlights the significance of taking a stand to uphold human rights.

The 20th century gave us solid definitions of human rights, but in the 21st century, it is our duty to be able to defend and execute human rights diligently. For some cases, the extent of human rights is still up for debate, and for others, they provide a framework for how we should defend them.





# No Fly Holidays: Cozy Road Trips from Buffalo

By: Ayesha Khan

As the holidays approach, travel can often become difficult and associated with chaos, crowded airports, long lines, and unpredictable winter delays. This season, opt to skip the flights and enjoy the beauty of a vacation without flying. This is your chance to take advantage of the nearby regions and its incredible destinations all within a few hours' drive.

In addition to being practical, no-fly vacations are also rejuvenating. They allow one to slow down and enjoy the journey while discovering the charm of nearby cities and towns. While saving money and skipping travel stress, you're able to get the opportunity to venture places that feel both familiar and unfamiliar. Pack your car, cue your favorite festive playlist, and set out to explore close-by gems with no plane ticket required.

## 1. Ellicottville, New York (1 hr)

This destination is a longtime favorite among Buffalonians, Ellicottville turns into a cute, charming alpine village during the winter months. You can spend the day skiing or tubing at Holiday Valley then unwind at one of the village's cozy restaurants or breweries. With twinkling lights and a welcoming small-town vibe, Ellicottville feels like it was pulled straight from a Hallmark holiday movie.

## 2. Niagara-on-the-Lake, Ontario (50 min)

Cross the bridge into Canada and enter a winter wonderland. Niagara-on-the-Lake feels like a snow globe during the holidays, with horse-drawn carriages, boutique shops, and intimate wine tastings at nearby vineyards. It's ideal for a solo retreat or romantic weekend.

## 3. Toronto, Ontario (2 hrs)

If you're craving big-city energy without any hassle of flying, then Toronto is the perfect choice. Get the

chance to explore the Distillery District's famous Christmas Market where you can witness lights and festive vendors that create the perfect magical holiday atmosphere. Choose to wander through the Royal Ontario Museum, sip hot chocolate while browsing boutiques along Queen Street, or shop at the Eaton Centre. And on your way back home, be sure to stop by Mississauga's Ridgeway Plaza for delicious global cuisines.

## 4. The Finger Lakes, New York (2 hrs)

The Finger Lakes region offers a cozy serene winter retreat. Towns like Geneva, Skaneateles, Hammondsport offer boutique shopping and cozy cafes glowing with holiday lights. Alongside snowy vineyards, cold waterfalls, and peaceful lakeside views, the Finger Lakes region will serve as a great spot to recharge and reconnect with nature while enjoying a more restorative holiday getaway.

## 5. Cleveland, Ohio (3 hrs)

If you decide to head west, Cleveland offers a vibrant holiday scene that blends city excitement with cozy seasonal charm. Downtown Public Square lights up with festive lights, an ice rink, and winter displays paired with warm cafes, local shops and yummy bites to eat, that set the tone for a winter adventure.

## 6. Pittsburgh, Pennsylvania (3.5 hrs)

If you're craving an urban adventure, Pittsburgh offers a perfect blend of festive markets, scenic views and memorable fun experiences. The Peoples Gas Market lights up Market Square with seasonal treats and wooden chalets. While the PPG Place transforms into a winter wonderland with ice skating for everyone. Pittsburgh offers the perfect magical winter escape just a few hours from Buffalo.





## Remembering our Deceased Loved Ones

By: Katy Defazio

The holidays are a time to spend with loved ones, whether that be friends or family. Family and loved ones are our number one support system. Unfortunately, when the backbone of your family passes away, the holidays become a difficult time to cope with. This will be the first holiday season spent without my grandmother; Marilyn passed away on the early morning of February 16, 2025. Putting this feeling into words is something that takes a lot of courage and strength; here we go.

When my grandma passed away, it came very abruptly. I can remember the phone call from my mom all too well; it was the very early hours of a Sunday morning. She was gone within five hours of that phone call. Nobody knew how we were going to move forward from this loss. Kindness and loving support from other loved ones are the key to getting through this; together. Sticking together through the good times and the bad times is the key to upholding that bond that Grandma helped keep glued together. Don't let death bring out the worst in you; let it bring out the wholesomeness within you. Remember to cry when you miss them and remember to smile when reflecting on the memories of them. Most importantly, keep these memories fresh in your mind when you need a designated moment to remember your loved one. Look at photos and do activities that you once did together. If you feel comfortable enough, listen to the sound of their voice in an old video or a voicemail. Embrace the life they once had, instead of dreading on the emptiness in your heart.

While you are sitting around the dinner table this holiday season, it is going to feel like something is

missing. A big gap in the righteous feeling of normal is no longer with us, and it is the heaviest feeling on your heart. You want nothing more than to smile with them; to laugh at their latest joke. Most importantly, you want to hug them good-bye after an evening of delicious treats. Unfortunately, you remember that you won't get that hug ever again. You want nothing more than to say goodbye to them. You even remember their scent and the feeling of holding them close to you. There's not a single moment where you take this feeling into acceptance, but then you remember this is just a somber stroll through this struggle that we call life. As we get older, life does not get any easier. We all age, and we all eventually pass on. It hurts to know that we only stay in this physical realm for a designated period. For some, they believe there is life beyond our current existence. They hope to see these loved ones in a future life as a new form. Will I see my loved one in a new life when we all pass on? I guess we'll have to wait and find out.

This Christmas, I wish for healing for those suffering from the loss of a loved one. Remember that you are not alone in your suffering. The holidays are a time for reflection and cherishment. Our passed on loved ones would like us to continue this tradition, for the sake of love and all that is good. Marilyn wouldn't want us to be sad. She would want us to remember the positive memories of her, instead of dreading that we didn't get to create a final memory together. Reflect on the memories you have in your heart and make the best of what you have in your mind. Life may be ruthless and full of pain, but life is also loaded with memories that we take to the grave. Hold onto every memory you have of them, because one day, that will be all you have left.



**By: Tara Belizaire**

If you remember growing up, I could bet you could probably only remember five out of 20 of the toys you had growing up. And if I asked you where those toys

We must keep in mind our origins and our present surroundings. However, I'm confident that if I asked you where your mother took you on your fifth birthday, you could tell me about what you ate, how you felt, the photos you took, and the friends you made there. These little moments are what count most. I am aware that parents may experience guilt when they are unable to fulfill their children's every want. You should know you're doing amazing and that your presence is more than enough. It goes beyond materialistic and tangible things. So this year give the gift of your time, your presence, and your love. That's what they'll remember 20 years from now.

**sunspinmedia.com | ssm@sunspinmedia.com**  
**( 716 ) 775 - 7776 | 4011 Bailey Ave, Buffalo, NY 14226**



# Connections and Balance: Business, Family, and Self

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



The first question that we must ask ourselves is not what to do, but why to do something. Why business or work? What and who I am? How is family connected to me? As soon as we talk about a balancing act between or among entities, we are admitting that these are separate areas that have boundaries. What comes to our mind are lines drawn between states and countries. This sense of separation and conflict puts pressure on us to make hard choices.

I propose to revisit the connections before we indulge in the unending balancing act. Human beings are not gears of moving machines that can separate or park themselves on a shelf to preserve their wear and tear. We are organic beings who are mentally engaged and emotionally vested. In this context, let's reexamine the demand of balancing among the three components of our lives; self, family and friends, work and business.

We work or do business to sustain a standard of living for us and provide for our families. There is an amazing satisfaction that brings peace to 'self' and adds to your self worth. Seeing your family happy, fed, sheltered, and protected energizes you to go to work or seize business opportunities. The interactions with colleagues at work, with whom you spend sometimes more wake hours than your own family members, help you in your self growth and groom you to realize your true potential.

The case I am making here is that the balancing act is not the right term. The more important skill is traveling seamlessly from one juncture to another while keeping in your view the purpose of your life. More clearly, your 'self' is an inseparable part of your family. Your work or business is a direction of your 'self' in the making. Instead of dividing your 'self' in bits and pieces, unite your 'self' in one being, who brings a genuine and comprehensive being to all the meeting places that life offers. Life is like a tree that grows out of one root, spreading from one stem to blossoming in many branches, leaves, flowers, and fruit. And it is always capable of sheltering one or two strangers under its shadow.







# Biz-In-Check

Save **Big**. Print Your Checks On Your Own.

## The benefits to your business!



- Prevent check theft and bank fraud
- Secure your data locally, and minimize online exposure
- Print directly from QuickBooks in one click
- Batch print for multiple companies and banks
- Automatic check numbering & records for easy reconciliation
- Mobile & online deposit ready

Call us for more  
information on  
how this works!

**MYB** | Manage  
Your Business  
An Affiliate of Biz-In-Check

5792 Main St, Williamsville, NY 14221  
(716) 923-4385 | [manageyourbiz.com](http://manageyourbiz.com)  
[info@manageyourbiz.com](mailto:info@manageyourbiz.com)



## Complete Real Estate Solutions

*Commercial and residential  
properties across WNY*

**HawkDevelops.com**

**716-256-1673**

# Media Corner: Review of Long Bright River

By: Alex Tilton

Some spoilers ahead.

The setting of a story is usually a tool the writer uses to put the characters in certain situations. You want to tell a survival story? Set it in a war zone. You want to tell a fantasy story? Set it in a mythical kingdom. If you want to tell a story about the reality of human degradation and indifference to everyday suffering, set your story on the streets of any major city.

LBR is set in Philadelphia, amidst the homeless population that turn tricks on the streets to survive. I want to start off by praising the fact that the story was shaped around the rules of reality. It makes it much easier to identify with the characters and it creates immersion. Our lead is played by Amanda Seyfried, as Mikayla Fitzpatrick a PPD patrol officer raising her son alone. She reports to the scene of a dead body, which everyone has written off as a typical street person overdosing on narcotics. 'Mickey' (as she's called) has personal reasons for wanting a more thorough investigation and it is revealed that several street women have been killed recently by being given an overdose of insulin.

In keeping with our real-world tone, an already overworked police department has little interest in solving the crimes, leaving Mickey to work on it more or less alone. But she's able to enlist the help of her former patrol partner who empathizes with her situation. She admits to him that the reason she's so invested in finding out what happened to these street women is that her sister is one of them. She's been living rough on the streets for years and is missing.

Ugly realities also dominate her personal life. Mickey has trouble paying for a good school for her son because her loathsome ex refuses to be involved. Mickey is also hunting for her sister, whom she worries has been taken by this killer. This journey involves processing a lot of very believable, gritty, realistic, ugly pain. Poverty, past trauma, bureaucratic red tape, and most of all, indifference obstruct her search at every juncture and only an

overwhelming sense of family responsibility keeps her going.

The investigation has a standard whodunnit structure. There are several misleading suspects who turn out not to be involved, some assumptions made by Mickey that turn out to be unfounded and lead her down dead ends. And all of this is done very well. By the time the killer is revealed, we had guessed who it was by simple process of elimination. This could've been done better, but it was by no means bad. And all along the way we are treated to superb acting, well crafted atmosphere, and a few genuine surprises. I loved this show... right up until the end.

I almost want to tell you to sit down and watch the entire series just so you can experience this ending the way I did. But for anyone who doesn't want to bother, here's what happens:

Over the course of eight hour-long episodes, we get a brutally realistic and grounded story of indifference to suffering, bureaucratic red tape, guilt, complicated family dynamics and human disposability. Then the killer is revealed to be a police officer who was extorting the street women using his badge and decided to kill some of them who threatened to expose him. Having finally obtained solid proof of the real killer Mickey goes out to find him by buying information about where he will be meeting up with a known drug dealer. So far so good.

At the meeting place Mickey finds the killer and the dealer, and orders them onto the ground at gunpoint. Ok, fine. Then she demands the killer explain himself and... then he does just that. Uh, what...? No lawyering up? No shootout with Mickey? He just admits what he's been doing. Then, out of nowhere, the other street women (friends of the murder victims) show up and one of them shoots him.

The shooter immediately surrenders to Mickey, who then tells the shooter and her friends to just leave. Mickey wipes down the gun they used, and then uses it to shoot the



Image Source: IMDb.com



(already dead) killer herself, because she doesn't want to report the prostitutes for murder.

My wife started cursing out the TV and I started laughing. I couldn't help it. The show spent 7.5 of its 8 episodes being painfully realistic, and then turned into a cartoony farce in just a few seconds.

How did the women know about the meeting? We aren't told. Where did they get a gun? We aren't told. If they already had a gun and they were willing to kill a cop in front of another cop, why didn't they just do that before? We aren't told. Mickey isn't charged with any crimes for this because apparently a detective who wasn't there vouched for her cover story. What was the cover story? We aren't told. Why did the detective vouch for her? He thinks she's too good of a cop to be fired over a little thing like covering up a murder.

At that point the Kool-Aid Man could've burst through a wall saying "Oh yeah!" and it wouldn't have surprised me.

But by that point we'd already watched the entire series so we couldn't retaliate by quitting. It felt like an outgoing president issuing a flurry of inappropriate pardons on his last day in office. What can you do about it? Not a damn thing. That's the risk you take when you invest your time in a show. There's always the possibility that it'll flip you the bird at the last second.

This series was adapted from a novel, and from what I can gather the endings are pretty similar. This would've been a good time to make a change. But there is a positive outcome of this story for me personally. The next time I come across a show or movie that does this, I can just say they 'Long Bright Rivered' the ending.

## Is it the Flu or a Cold?

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

As we evolve into the winter months, we also evolve into cold and flu season. What is the best way to tell the difference, and how can we protect ourselves? It is common to get a cold every year, but not as common to get the flu every year.

The flu, also known as Influenza, typically begins with a 24-48-hour fever. The fever can last up to five days. Other symptoms include body aches, fatigue, chills, nausea, and vomiting. After several days, these symptoms can subside, but they can come with a dry cough and sore throat. For most people, these symptoms will go away in 4-5 days. However, the fever, cough, and feeling of fatigue may return. For those who suffer from asthma or heart disease, the flu can sometimes worsen these conditions.

The common cold consists of a runny nose, nasal congestion, sneezing, and a cough or sore throat.



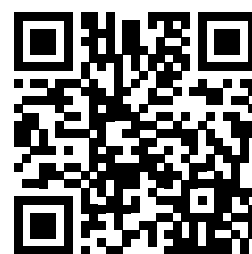
Headaches may also be present, due to the nasal congestion. The key point to remember is, a cold is not accompanied by a fever. The first signs of a cold are an irritated nose and throat. While it is possible for adults to develop a low-grade fever from a cold, it isn't common.

What can we do to protect ourselves from these illnesses? Foods high in vitamin D are popular sources, including salmon, mushrooms, and citrus fruits. Berries are also beneficial to your immune system. Other useful products for our immunity are whole grains, yogurt, and green vegetables. In Buffalo, we are prone to poor sunlight, making the need for vitamin D in our diets more important this time of the year. If you feel you aren't getting the right nutrients, the medical staff at WNY Medical, PC can help recommend dietary supplements, flu vaccines, and other lines of defense to help ward off that common winter cold or flu. Call our office at 716-923-4380 to make an appointment today.



### 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.



# Enjoy these Holiday — Comfort Foods

## French Onion Casserole



### Ingredients

- 8 medium onions, sliced
- 5 tablespoons butter, divided
- 2 tablespoons all-purpose flour
- Dash pepper
- 3/4 cup beef broth
- 1/4 cup sherry or additional beef broth
- 1 and a half cups croutons
- 1/2 cup shredded Swiss cheese
- 3 tablespoons grated Parmesan cheese

### Directions

1) In a large cast-iron or other ovenproof skillet, saute onions in 3 tablespoons butter until tender. Stir in flour and pepper until blended; gradually add broth and sherry. Bring to a boil; cook and stir until thickened, about 2 minutes.

2) In a microwave, melt remaining butter. Add croutons; toss to coat. Spoon over onion mixture. Sprinkle with cheeses.

3) Broil 3-4 inches from the heat until cheese is melted, 1-2 minutes.

## Mashed Potato & Stuffing Patties



### Ingredients

- 2 large eggs, lightly beaten
- 2 tablespoons finely chopped onion
- 1/4 teaspoon pepper
- 2 cups leftover mashed potatoes
- 2 cups leftover chopped cooked turkey
- 2 cups leftover stuffing
- 2 tablespoons butter
- 2 tablespoons canola oil

### Directions

1) In a large bowl, whisk eggs, onion and pepper. Stir in potatoes, turkey and stuffing.

2) In a large skillet, heat butter and oil over medium-high heat. Working in batches, drop potato mixture by 1/2 cupfuls into skillet; press to flatten slightly. Fry on each side until golden brown and heated through, 4-5 minutes. Drain patties on paper towels.

Source: [TasteOfHome.com](http://TasteOfHome.com)





Coloring Corner



# *Happy Holidays from Apna Dera!*



**Receive 20% off orders of  
\$100 or more for the holidays.**

*For dine-in & pick up orders. Offer valid 12/24/25, 12/25/25, 12/31/25 and 1/1/26*

 Apna Dera & Mister Dee's

(716) 839-9440

ApnaDera.net

 apnadera\_misterdees

450 Beach Rd, Cheektowaga, NY 14225

