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April 2018

**THE WARNING SIGNS
OF AUTISM**

**5 SUCCESSFUL
RETIREMENT
METHODS**

**SOAKING IN
THE SUN**



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Autism Awareness Month

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Our Mission

Your Health, Wealth & Happiness explores the truth and facts not only within, but beyond the confines of your health, personal wealth, and individual happiness. We have one goal; to bring you the information you need to live a healthy, wealthy, and happy life. We find simple tricks to improve your health, and long term goals to stay on top of it. In this new age of ever expanding technology, there is an endless supply of new recipes, health care improvements, new operations, machines, vaccines, cures, research, even robots, and more. Keeping on top of Your HWH is crucial to living the best life possible. Cheers to growing a more healthy, wealthy, and happy lifestyle.

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Therapies to Try for Autism

By Shahneel Ahmed

Although there is no known cure for autism, there are treatment and educational approaches that can maximize their ability to function while supporting development and learning. Early intervention, such as during preschool years, can help an autistic child develop crucial functional, behavioral, and communication skills. It is important to note that different treatments and therapies may work better for different people. There is no single treatment or therapy that will be effective for every person with autism.

One treatment option includes behavior and communication therapies. Here, the range of social, language, and behavioral difficulties associated with autism are addressed. Children are taught how to act in social situations and/or how to communicate effectively with others. This treatment may focus on reducing problem behaviors and teaching new social skills. An example of one such behavioral therapy is Applied Behavior Analysis (ABA).

According to the American Speech-Language-Hearing Association, ABA is a treatment approach that utilizes principles of learning theory to bring about meaningful and positive change in behavior. The techniques help to build a variety of skills, such as self-control, self-monitoring, and communication that helps to generalize these skills to be used in other situations

through a reward-based motivation system. These techniques can be used in both a structured environment, such as a classroom, and an unstructured environment, such as at home.

There are also educational therapies, where a team of specialists lead a variety of activities to improve communication and behavior. Family therapies have also proven to be helpful. Parents, siblings, and other family members can interact with autistic children to promote social interaction skills and manage problematic behaviors.

Furthermore, there is Cognitive Behavioral Therapy (CBT) that combines cognitive and behavioral learning principles to encourage desired behaviors. CBT is used to help autistic individuals learn how to regulate emotions and control impulses. Also, some medications may alleviate certain behavioral symptoms of autism and make other treatments more effective.

Lastly, support is always beneficial. The National Autism Association, Autism Science Foundation, Autism Society, and many other organizations provide support groups, learning/training material for parents and siblings, and other resources to improve the lives of everyone who is affected by autism.

Be Smart About Supplements

By Diane Woolverton

Maybe you have noticed the variety of advertisements in magazines, on television, and across the internet aimed at boosting your memory and focus, enhancing your energy, or even spicing up your sex drive. It is only a natural extension of the aging process to not have the stamina, sharpness, or interest we had once we slip into the 50+ age group. We begin to notice after a day of activity we're exhausted, our recall might be a tad slower, and our intimate moments seem to wane. We have all at some time been tempted, even just a little, to try out one of these magic pills to reclaim that vitality but we need to take care and be cautious, especially if taking prescription medicines.

Many of these over-the-counter panaceas claim to be all-natural or herbal so we think they should be relatively harmless, but the interactions with prescription medicines can be dangerous, even fatal. Also, many of these supplements have not been FDA approved meaning there have been no long-term studies or tests done to prove or disprove their effectiveness and their side effects have not been studied or documented. Before embarking down the path to reclaim your youth, it would be wise to visit a doctor to make sure these products are safe for you to use. The doctors at WNY Medical, PC will be able to sit down with you and discuss your overall health, diet, lifestyle, and prescription regimen to determine

the best course for you to take. Call (716)-923-4380 for an appointment or visit our office at 4979 Harlem Road in Amherst.



Autism Facts and Statistics

What is Autism?

Autism, or autism spectrum disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences.

Statistics

Autism is one of the fastest-growing developmental disorders in the United States.

Autism Spectrum Disorder is estimated to affect more than 3 million individuals in the United States.

Approximately 100 individuals are diagnosed every day with autism in the United States.

5 Key Areas

Autism typically affects these 5 key areas

1. Communication (verbal and nonverbal)
2. Social skills
3. Behaviors
4. Learning
5. Medical issues

Did you know...



Autism affects 1 in 68 children.

3

Autism generally appears before the age of 3.



More children will be diagnosed with autism this year than AIDS, diabetes, and cancer combined.

40%

40% of children with autism do not speak.



Autism affects 1 in 42 boys and 1 in 189 girls.

5x

Boys are nearly five times more likely than girls to have autism.

Learn the signs

Babies and toddlers

By 6 months old

No smiles or other warm or joyful expressions
Limited to no eye contact

By 9 months old

No vocal sounds
No smiles or other forms of nonverbal communication

By 12 months old

No babbling
No use of gestures to communicate
No response to name being called

By 16 months old

No words being spoken

By 24 months old

No meaningful, two-word phrases

Any age

Avoiding eye contact
Prefers to be alone
Struggles to understand other's feelings
Remains nonverbal or delayed language development
Repetition of words or phrases
Upset by minor changes to surroundings or routines
Performs repetitive behaviors
Sensitivity to sounds, smells, tastes, textures, lights, or colors

Sources: Autismspeaks.org
Tacanow.org

The Warning Signs of Autism

By Tehniyet Azam

According to Mayo Clinic, autism is defined as a serious developmental disorder that impairs the ability to communicate and interact. Autism spectrum disorder impacts the nervous system. Early recognition, as well as behavioral, educational, and family therapies may reduce symptoms and support development and learning. The range and severity of symptoms can vary widely. Common symptoms include:

- Difficulty with communication
- Difficulty with social interactions
- Obsessive interests
- Repetitive behaviors

Development Red Flags

By 6 months: No big smiles or other warm, joyful expressions

By 9 months: No back-and-forth sharing of sounds, smiles, or other facial expressions

By 12 months: Lack of response to name and no back-and-forth gestures, such as pointing, showing, reaching, or waving

By 16 months: No spoken words

By 24 months: No meaningful two-word phrases that don't involve imitating or repeating

As children get older, the red flags for autism become more diverse. There are many warning signs and symptoms, but they typically revolve around impaired social skills, speech and language difficulties, non-verbal communication difficulties, and inflexible behavior.

Signs of Social Difficulties:

- Appears disinterested or unaware of other people or what's going on around them
- Doesn't know how to connect with others, play, or make friends
- Prefers not to be touched, held, or cuddled
- Doesn't play "pretend" games, engage in group games, imitate others, or use toys in creative ways
- Has trouble understanding feelings or talking about them
- Doesn't seem to hear when others talk to him or her
- Doesn't share interests or achievements with others (drawings, toys)

Signs of Speech and Language Difficulties:

- Speaks in an abnormal tone of voice, or with an odd rhythm or pitch (e.g. ends every sentence as if asking a question)





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Today.



Tomorrow.

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- Repeats the same words or phrases over and over, often without communicative intent
- Responds to a question by repeating it, rather than answering it
- Uses language incorrectly (grammatical errors, wrong words) or refers to him or herself in the third person
- Has difficulty communicating needs or desires
- Doesn't understand simple directions, statements, or questions
- Takes what is said too literally (misses undertones of humor, irony, and sarcasm)

Signs of Nonverbal Communication Difficulties:

- Avoids eye contact
- Uses facial expressions that don't match what he or she is saying
- Doesn't pick up on other people's facial expressions, tone of voice, and gestures
- Makes very few gestures (such as pointing). May come across as cold or "robot-like"
- Reacts unusually to sights, smells, textures, and sounds. May be especially sensitive to loud noises. Can also be unresponsive to people entering/leaving, as well as efforts by others to attract the child's attention
- Abnormal posture, clumsiness, or

eccentric ways of moving (e.g., walking exclusively on tiptoe)

Signs of Inflexibility:

- Follows a rigid routine (e.g., insists on taking a specific route to school)
- Has difficulty adapting to any changes in schedule or environment (e.g., throws a tantrum if the furniture is rearranged or bedtime is at a different time than usual)
 - Unusual attachments to toys or strange objects such as keys, light switches, or rubber bands. Obsessively lines things up or arranges them in a certain order
- Preoccupation with a narrow topic of interest, often involving numbers or symbols (e.g., memorizing and reciting facts about maps, train schedules, or sports statistics)
 - Spends long periods watching moving objects such as a ceiling fan, or focusing on one specific part of an object such as the wheels of a toy car
 - Repeats the same actions or movements repeatedly, such as flapping hands, rocking, or twirling (known as self-stimulatory behavior, or "stimming"). Some researchers and clinicians believe that these behaviors may soothe children with autism more than stimulate them

“

Autism is defined as a serious developmental disorder that impairs the ability to communicate and interact.

”



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5 Successful Retirement Methods

By Webster Tilton

Retirement planning is a bad thing to put off. Here are 5 proven strategies you should look into sooner rather than later.

1) Start now: There is literally no age too young to start saving. Open up an IRA and start sliding a few dollars from every paycheck in it. Make it a habit and don't ever stop. You'll thank yourself later.

2) Max out your 401K: There's some debate as to whether or not this is always the best idea, but in general it's hard to go wrong. Employer contributions help a lot, as do tax breaks



from the state and federal government. They have a strong motivation to encourage you to save; the more you can take care of yourself the less they have to do it.

3) Invest in rental properties: It's no small amount of work, being a landlord, but a decent, well managed rental property will usually cover its own expenses and not cost you much out of pocket. It may even earn you a profit. Over time the property will pay off its own mortgage and leave you a free and clear owner who can continue to rent or sell as best fits your situation.

4) Study the tax laws and, if necessary, move to another state: Different states make more or less sense for retirees. Florida has no income tax and a below average cost of living and as such is extremely popular for people on a fixed income. Other states may have tax laws that allow you to travel more or deduct differently to best fit your personal situation.

5) Bite the bullet and pay for an expert: doing any or all of this yourself isn't necessarily a good idea. Building a plan with someone who does retirement planning for a living is the best way of making certain that you aren't missing something, or making a serious error. It'll cost you something up front, but it'll save you vastly more than that down the road.

3 Ways to Save Money at the Gas Pumps

By Canney Savanney

Do you ever get the feeling that you are just guzzling away your money at the gas pumps? With the way that gas prices keep fluctuating from week to week it is enough to drive anyone insane. How is someone supposed to plan their budget out if prices keep changing constantly? Fear not, here are three ways to save money the next time you need to fill up your tank.

1) Use Your Tops Bonus Card

Don't be so quick to throw out your receipt after you are done buying your groceries from Tops. You could be throwing away actual savings. Next time you receive your receipt from the cashier be sure to look it over thoroughly. Sometimes depending on how often you shop at Tops you receive a certain number of cents off at the gas pump. You can even receive a certain amount off like up to 10 cents per gallon or more!

2) Check out the app Gas Buddy

Gas Buddy has some amazing features to it. If you are driving in an unfamiliar area it will help you find the nearest gas stations to your location while also listing their current gas and diesel prices. Not only that, but if you connect your credit card to the app you can save even more at the pumps. Filling up your tank for the first time with your linked card you will save 15 cents per gallon at the pumps and then 5 cents per gallon on all future fill ups. If you need to track mileage for work the app can tell when you are driving and logs it for you.

3) Keep an eye out for Sale Days

There are a number of local gas stations that have sale days. If you fill up at the Sunoco on Maple and N. Forest in Amherst, then you might be aware that they have a sign that reads "Gas Sale" for Thursdays and Sundays with a savings of 5 cents per gallon. It pays to pay attention to your local gas stations to see if they offer any sale days at the pump. Next time you are driving by make sure you keep an eye out, or just view your Gas Buddy app and let it do the work for you!

Savings are constantly surrounding us. You just have to know when and where to look. Stay tuned for more helpful advice from your local savvy shopper!

Invest in Precious Metals

By Timothy Kelheart

Disclaimer: Invest at your own risk and after you have conducted your own due diligence on the material mentioned in this article.

With the constant concern in the stock market that it might dip and fall or skyrocket and shatter expectations, why not leave all worry behind and invest in something you can physically hold in your hands? Precious metals like gold, silver, platinum, and palladium are being considered by investors who would like to have an investment that is market shock proof.

You can feel the value of investing in metal from the weight in your hands to that weight becoming even more valuable in the coming years. All four previously mentioned precious metals have increased in value since 1990 and seem steadfast in increasing in value for the next 30 years. This is not to say that some of these precious metals did not see any price fluctuations other than up in the last 30 years but have rather increased in value from 1990 to today. Even within the last 18 years all four metals have increase in value!

Now that you are interested in obtaining precious metals you may be wondering "well which ones should I purchase?" The answer is, it depends on a few individual factors; one factor being how much are you willing to invest in precious metals and if you want to purchase one metal or a combination of the four previously mentioned precious metals.

I will not be recommending one precious metal over another but leave that decision up to you; look into the 5 and 10 year trends of the metal(s) you would like to own and conduct research on the market(s) for said metal(s). Just like the stock market, buy low and sell high. Don't rush into a precious metal if it looks a little bloated but as well be cautious when buying during a dip, it could dip even lower.

Precious metals have different values like another other commodity and can fluctuate depending on a numerous variables but their steady rise since the 1990s make them a solid investment for those who are willing to hold on to these precious metals for the long haul.

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Gardening, Sprouting Happiness

By Matthew Brooke

Spring is here and your garden is finally shedding its white blanket from winter, so get out the gloves and trowel and think of all the luscious plants that will be filling your beds in the coming months. It is never too early to start germinating your seeds and getting them ready to be planted once the temperature starts to rise. Depending on the produce it could be planted now at the start of spring, somewhere in the middle, or even late spring and early summer.

One of my favorite parts of planning out my gardening beds each year is taking on new fruits and vegetables that I haven't grown before. It not only will expand your diet of fresh foods but



it makes you proud to be able to check off another plant off of the "grown successfully" list. Last year I dedicated a whole garden bed to varieties of peppers. Bell peppers still have my heart after the season was completed as it was a challenge to get some of the hotter peppers to grow in the colder climate of Western New York.

Some of the new plants that I plan on filling my beds with this year are yellow wax beans, sweet and snow peas (yes, there is a difference!) and Brussel sprouts, even though I really don't like them. I think that growing Brussel sprouts rather than buying them from a farmers market or grocery store will give me more appreciation for this variety of cabbage than I had before and hopefully I just might enjoy eating them.

With most gardens, as fellow gardeners know, you produce far more than you can enjoy just by yourself. I like to gather up my extra produce and divvy it up for my close neighbors. I have a good understanding for what they like to enjoy the most and try to tailor it to them while including a few that I think they should try again. All are greatly appreciative of the produce I bring them and are usually surprised by the bounty and variety of produce that is grown right in their own neighborhood.

Soaking in the Sun

By Katy Siwinski

Spring time is finally here, and we can finally go back to enjoying the great outdoors. There are plenty of advantages and disadvantages of enjoying time outdoors; depending on your skin type, certain precautions are needed to properly protect oneself from harmful Ultraviolet, or UV radiation.

Long-term exposure to UV radiation has a variety of acute and chronic effects. Acute effects of UV exposure include sunburn and tanning. Chronic effects of UV exposure include premature aging of the skin, suppression of the immune system, damage to the eyes, and skin cancer. Sunburn, also known as solar erythema, is the redness of the skin caused by an increase in blood flow to the skin caused by the enlargement of blood vessels as a result of exposure to UV radiation. This can also result in blistering, pain, and peeling of the skin a few days after over exposure. Fair skinned individuals have a higher risk for sunburn, as well as individuals with red or blonde hair, blue eyes, and freckles. For people with fair skin, sunburn can occur within 15 to 30 minutes of UV exposure. It is also believed that children and elders are more sensitive to UV radiation.

Tanning is the delayed pigmentation of the skin. It becomes noticeable one to two days after sun exposure, and can

persist for weeks or even months. Tanning is considered to be a harmful effect, although it does allow some protection, but not as efficient as sunscreen for Caucasian skin. Thickening of the epidermis can also occur and is believed to be an important component of a mild sunburn reaction. On top of all this, skin cancer is a strong component when dealing with UV radiation. There are a variety of skin cancers, including nonmelanoma, basal cell carcinoma, squamous cell carcinoma, and melanoma. Cumulative sun exposure is believed to be important in nonmelanoma skin cancers. The warning signs for melanoma include enlargement of moles, itching or pain in a preexisting mole, development of new moles in adult life, irregularity of borders, and variegation of color within a pigmented lesion.

As a reminder, do not avoid UV exposure, all together. It is important to get out and enjoy the fresh air and beautiful sunshine, but it is important to properly protect your skin. It is also important to know limitations with the amount of sun exposure you receive. Vitamin D is an important nutrient that we receive from sun exposure, and doing so will balance and maintain a healthy, standard level of well-being.

Where To Go This Spring Break

By Kallie Fasciana

It's that time of year again, when the college students run rampant away from schoolwork and most responsibilities. There are so many different options about where you can go and what one can do, it can be difficult to decide which route is best! Here are some things to do during Spring Break, especially if you're stumped:

The Beach

Cliché I know, but even so it's still a classic destination for any college students spring break. It could be a local hotspot, or a faraway paradise! It all really depends on your current location (I wouldn't necessarily go to the beach here in Western New York) and your budget. Having fun in the sun is always a good choice, and make sure you bring along some friends for extra fun!

Go on a Road Trip

Plane tickets are expensive these days, so it can seriously hinder any travel plans and/or budgets. Maybe consider grabbing a couple of close friends and driving to your destination, if you have one (a lot of people go on roadtrips with no endgame place in mind). Taking the long road tends to allow you to find some hidden gems you never would've discovered if you had traveled via plane. It's the little things that make the trip all the more enjoyable!

Camping

Want to go away for spring break, but don't have the funds to go on a huge fancy trip? Maybe consider camping. Many college students seem to be stuck indoors, especially when

exam time comes around, so spending a couple of days out in nature just may be the break you need. You can go alone or with friends, whichever way you feel most comfortable! Having a break from all the technology and constant updates could be really nice, you may even be surprised.

Check Out Local Events

Sometimes you don't even need to leave your hometown to have a good time. Check around, see if there is going to be any fun or exciting events happening during the break off in your area. Maybe there's a new exhibit at the local museum, or a local festival, or even a new exhibition is launching at the town art gallery. You don't have to go far to have a great vacation!

Stay at Home

Most people want to go out and explore new places or catch some waves, but sometimes the best vacations can take place in your home. Have a "me day", treat your self to some comfort food, maybe watch that show you've thinking about for the last few months, read a book, have a spa day, the options are limitless! Remember to take care of yourself from time to time, you deserve it!





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Helping Your Child Prepare for Tests

By Kristin Scholz

There are several things that you can do to help your child with the standardized test experience.

- Make sure that your child gets plenty of sleep for several nights before the tests.
- Ensure that your child is eating enough and eating healthy for the days preceding the tests. Make sure that they eat a healthy breakfast the morning of tests.
- Make sure that your child is in school on the day of the tests. Check the testing schedule before making dentist or doctor appointments (which you should try to make for after school hours).



- Do not put extra pressure on your child that can raise their anxiety about tests. Be positive and let your child know that the tests are a way for him or her to demonstrate the many things they know.

- Remind your child how important it is to follow the instructions on any test and to avoid getting stuck on any one question.

- As with many of your child's activities, encourage your child to do their best!

Strategies for Responding to Test Scores

- This report only shows the results for one measure of your child's academic achievement and ability to meet the New York State Learning Standards. Talk with your child's teacher about this test as well as how your child does in class and on other assessments.

- Talk with your child's school about Academic Intervention Services (AIS) that may be available to help your child gain needed skills. Some of these services include:


- Extra instructional time to help students achieve the learning standards in the subject areas.

- Support services to help students overcome barriers that are affecting their ability to learn, such as, attendance problems, family-related issues, discipline problems and health-related issues.

- Support services could include school guidance and counseling services to improve attendance and coordination of services provided by other agencies.

- You can also get more information by attending additional EPIC workshops and trainings including:

- Helping Your Child Succeed in School
- Ready, Set, Read Family Literacy Series
- Parenting Young Children
- Parenting Adolescents

EPIC 
**Every Person
Influences Children**

April 2018

Crossword Puzzle



Find answers throughout
the magazine!

Across

- 1) An example of behavioral therapy is _____ Behavioral Analysis.
- 3) Help your child prepare for tests by _____ healthy.
- 5) Save on gas money by using your ____ Bonus Card.
- 7) Non-verbal signs of Autism include not detecting or properly using facial _____.
- 9) Signs of inflexibility in Autism include following a rigid _____.

Down

- 1) _____ is defined as a serious developmental disorder that impairs the ability to communicate & interact.
- 2) Autism warning signs typically revolve around _____ social skills, speech & language difficulties.
- 4) It is suggested to start saving for _____ immediately.
- 6) _____ Behavioral Therapy combines learning principles to encourage desired behaviors.
- 8) Acute effects of UV exposure include ____ and tanning.

Recipe Corner



Spinach, Hummus & Bell Pepper Wraps

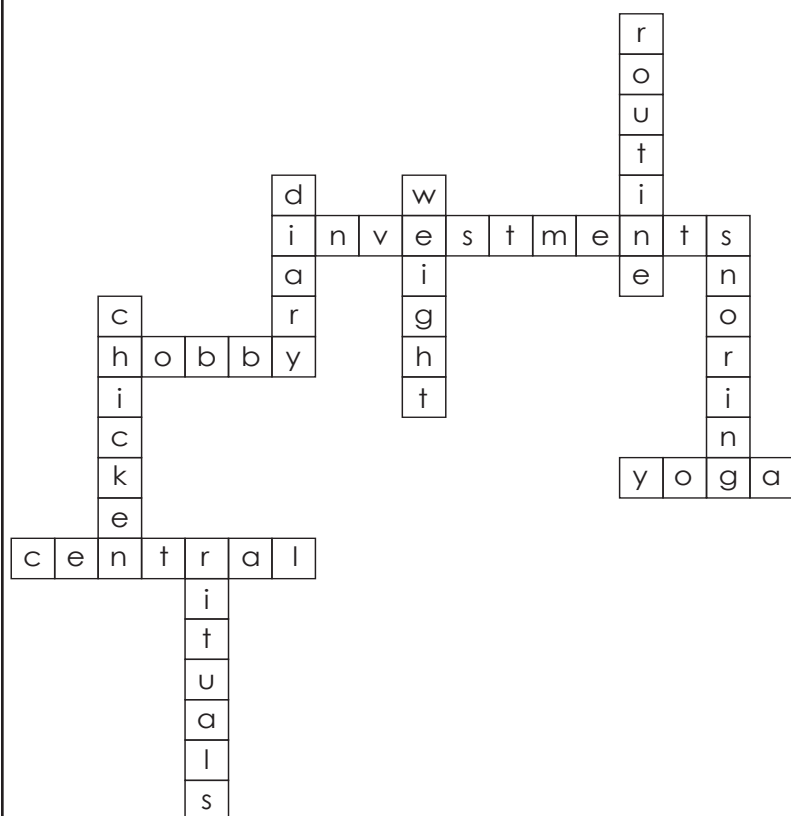
Ingredients:

- 2 (1.9 oz.) whole grain flatbreads
- ½ cup roasted garlic hummus
- 1 small red bell pepper, thinly sliced
- 1 cup firmly packed baby spinach
- 1 ounce crumbled tomato-and-basil feta cheese (about ¼ cup)

Directions:

- 1) Spread each flatbread with ¼ cup hummus, leaving a ½ inch border around the edge.
- 2) Divide the bell pepper evenly between the flatbreads; top each with a ½ cup spinach and 2 tablespoons cheese. Starting from one short side, roll up the wraps. Cut each wrap in half, and secure with wooden picks

March 2018 Crossword Puzzle



April WNY Events

Aromatherapy 101: Embracing Self-Care:

Thursday, April 5th at 7 PM. For more information, visit <https://www.startwithsleep.com/events/aromatherapy-embracing-self-care>.

Buffalo Snow Bowl: April 7th all day at New Era Field in Orchard Park, NY. For more information, please visit BuffaloSnowBowl.org.

Baby Sleep Collective: Saturday April 7th at 11 AM: Expecting Parents. Learn more & register at: <https://www.startwithsleep.com/thebabysleepcollective>

Taste of Ghana: April 18th from 6:00 PM to 8:30 PM at St. John the Baptist Ukrainian Catholic Church in Buffalo, NY. For more information, please visit hosikids.org.

FREE Kids Restorative Yoga: Saturday April 21st at 1 PM. For more information, visit <https://www.startwithsleep.com/events/kids-restorative-yoga-7>.

Scaling Up Your Business –

Business Lending Options: April 23rd from 5:30 PM to 6:30 PM at the West Side Bazaar in Buffalo, NY. For more information, please visit wedibuffalo.org.

The Summit Center Autism Walk:

April 28th from 8:00 AM to 1:30 PM at The Summit Center in Getzville, NY. For more information, please visit thesummitcenter.org.

Strides Diabetes Awareness

& 5K Run/Walk: April 29th from 8:00 AM to 11:00 AM at the Lewiston Fire Company in Lewiston, NY. For more information, please visit LewistonCommunityLions.org.

Ongoing Events

Sensory Story Time: April 12th, 19th, and 26th at 6:30 PM at the Kenmore Branch Library in Kenmore, NY. For more information, please visit buffalolib.org/content/library-locations/Kenmore

digiPlaySpace: At various times till April 22nd at the Buffalo Museum of Science in Buffalo, NY. For more information, visit sciencebuff.org.



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716-835-9871

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Arcade, NY 14009
585-492-4010

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Cheektowaga, NY 14227
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Depew, NY 14043
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3218 Walden Avenue
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