



Your
Bliss

Health, Wealth, Happiness and Spirit

FREE

Men's Health

*Facts & Statistics on
our Fatherly Loved Ones*

BLM Awareness

*The Fight for Justice
During Struggling Times*

Allergy Season

*A Professional Q&A and
Personalized Interviews*

Summer Solstice

*The Relevance of Longer
Days & Shorter Nights*

June 2022





Invest the time and effort to lead a healthy life.

Good health care starts with your primary care doctor and it is important to schedule and keep your yearly appointment.

The right screening tests and treatments at the right time is one of the most important things a man can do for his health. Screenings find diseases early, before you have symptoms, when they're easier to treat. According to Medical News Today men are almost twice as likely to develop type 2 diabetes as women. WNY Medical practice's endocrinologists specialize in the treatment of diabetes and other metabolic conditions and finding diabetes early may help prevent complications such as vision loss and impotence. Don't delay, schedule your appointment today.



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Our Mission

Your Bliss explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. 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 technology, knowledge, and evolution of the health 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.

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Men's Health Awareness



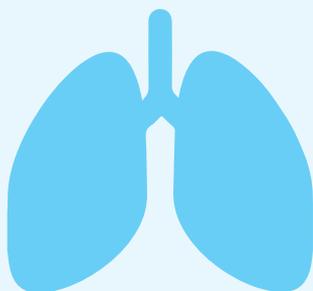
Heart Disease is the #1 leading cause of death in men.

Men are 24% less likely to have visited a doctor within the past year due to maintaining their "tough" mentality.



Depression affects approximately 6 million men in the U.S. each year.

Male suicides comprise nearly 80% of all suicides in the U.S.



Lung cancer is the first leading cause of cancer, and prostate is the second.

Men are twice as likely to die from an accident than women, including motor vehicle collisions and accidental death.



Sources: Men's Health, National Institute of Mental Health, American Cancer Society, Center for Disease Control & Prevention

The Passion of Music Collecting & Listening

By: Sara Loft

Did you know there are more than 7,100 languages spoken across the world? Only one connects us all as one; that being the beautiful force of music! Since the beginning of time, music has been a magical experience that enters the soul. A human's soul creates music, as well as every living thing. In fact, the outer space creates frequencies of sound to awaken our spirits, too. With and without spoken words – music is a universal language that connects us to our emotions, our deepest thoughts, and a great harmony that encircles us all into a state of bliss. Music breaks barriers by having a wide range of genres and subgenres. This summer, let's honor the plethora of talented individuals who harness and tap into their vivid imaginations of this art called music.

Appreciate the person creating an instrument for a future musician. Enjoy an artist playing notes from certain instruments to bring beat, rhythm, or a melody to a song. Be astonished to a songwriter or a composer who made form for us. Sing along with a vocalist to express aloud a piece relating to our mind and soul. Don't forget to share your respect to the musical producers as well as engineers who help the talents release the artist's visions and bring it into life for the masses!

Go support your favorite artist/band by purchasing a compact disc or a vinyl record. Purchase tickets to support both local and non-local talents at your local venues. Share your favorite song to a friend or relative. Dance, meditate, mosh, sing in the shower, play karaoke with your loved ones, or whatever else – let the music fuel your soul every day!

Outdoor WNY Music Venues

Artpark, Lewiston NY

Artpark is a park and a cultural institution located on the Niagara Gorge, USA. Established in 1974, Artpark is a collaboration between the New York State Parks and the cultural nonprofit institution Artpark & Company. Scan the QR code for a list of concerts happening this summer!



Outer Harbor, Buffalo NY

Explore a natural side of the city at the Outer Harbor. This respite features more than 200 acres of green space, including the Independent Health Wellness Trail, Wilkeson Pointe, the Lakeside Bike Park, and the Lakeside Event Lawn. Scan the QR code for a list of concerts happening this summer!



Gateway Harbor, Tonawanda NY

Our mission is to promote economic growth, tourism, recreation, and cultural and historic heritage through the utilization of Gateway Harbor Park. We have a killer lineup of unbelievable music heading your way. Scan the QR code for a list of concerts happening this summer!



BUFFALO NY JUNE EVENTS

Alzheimer's Association Presents: The Longest Day

This is one of the signature fundraising events for the Alzheimer's Association, and like the highly successful Walk to End Alzheimer's, individuals and teams can organize events and fundraise all year round. The event is traditionally celebrated on the summer solstice, but you can choose any day in June! Scan the QR code to the right to get started!



Rising Goddess Summer Solstice Rock Paint Night

To celebrate the Summer Solstice, Rising Goddess wanted to do something fun. We are having a rock painting night! All materials provided, make and take yours home to hide somewhere or display in your own garden! Workshop is \$25 to cover materials.

Rising Goddess is a metaphysical shop minutes from Buffalo, NY. We have altar supplies, spell ingredients, incense, handcrafted jewelry and so much more! Scan the QR code for more information on the Facebook event page!



Artpark Presents: Strawberry Moon Festival

The Strawberry Moon Festival celebrates the indigenous cultures of the Niagara region through storytelling, music, dance, and arts & crafts. Guests will participate in an inclusive and engaging Native American community gathering. They'll also be entertained by an eclectic lineup of Native artists performing throughout the lower park earlier in the day, and an evening concert in the Artpark Amphitheater featuring Blue Rodeo and Pamyua! Scan the QR code for more information!



Visit Buffalo Niagara Presents: Pride Bar Crawl

The 5th Annual Pride Crawl – Includes:

2+ Drinks Or Shots (Of Venues Choice, Redeem With Voucher)
Crawl With US Stadium Cup! (First 400 Check Ins)
Exclusive Drink Specials, Amazing Local Food.
Waived Cover At All Venues. Professional
Photographer, Awesome After Party, Access
To Our Crawl Map, Custom Pride Badge With
Vouchers. Scan QR code for more information
on the event page!



CARROT, TURMERIC, & GINGER SOUP WITH CUMIN ROASTED CHICKPEAS



For the soup:

- 1 tbsp coconut oil
- 1 small yellow or white onion, diced
- 2 cloves garlic, minced
- 2 tbsp turmeric root, grated (or 1 ½ tsp ground turmeric)
- 1 tbsp ginger, grated (or 1 tsp, ground)
- 1/4 tsp cinnamon, ground
- 1/2 tsp salt • Dash of red pepper flakes
- 1 ¾ pounds peeled and roughly chopped carrots (about 6 cups)
- 4 cups vegetable broth
- 1/2 cup coconut milk, canned and full fat

For the cumin roasted chickpeas:

- 1 ½ - 2 cups cooked chickpeas • Salt and pepper
- 1 tbsp coconut oil • 1 tsp cumin, ground
- 1 tsp chili powder • 1/4 tsp smoked paprika

1. Roast the chickpeas. Preheat oven to 400°F. Toss the chickpeas in the oil, cumin, chili and paprika. Spread them onto a parchment-lined baking sheet, and season generously with salt and pepper. Roast the chickpeas for 35 minutes, or until they're quite golden brown and a little crispy. Give them a stir a few times during roasting to prevent sticking. Chickpeas can be stored in an airtight container for up to one week.

2. To make the soup, heat the coconut oil in a large Dutch oven or heavy bottomed pot over medium high heat. Add the onions. Cook, stirring frequently, for 5-7 minutes, or until the onions are clear and soft. Add a few tablespoons of water as you go along to prevent the onions from sticking. Add the garlic, turmeric, and ginger, and cook for two minutes, or until everything is very fragrant.

3. Add the cinnamon, salt, pepper flakes, carrots, and vegetable broth. Bring the broth to a boil. Reduce heat to a simmer and cover the pot.

4. Simmer the soup for 30 minutes, or until the carrots are tender. When the soup is ready, transfer it to a blender (in batches, if necessary), and blend carefully until it's totally smooth (stand back from the blender, as hot soups tend to splatter). Alternately, you can use an immersion blender to blend the soup till smooth. If the soup is too thick for your liking, add ½ - ¾ cup broth.

5. Stir in the coconut milk. Check the soup for seasoning. Season to taste with salt and more pepper, if desired. Serve, topping each bowl with about a ¼ cup roasted chickpeas and a sprinkle of turmeric powder. Soup will keep in an airtight container in the fridge for up to four days, and it can be frozen for up to a month.

Dera Is The Best Food!

**MISTER
DEE'S**



In Pakistan, a Dera is a place to gather and enjoy food, talk, tell stories, and hold debates among the community members. And that is what we wanted our restaurant to be as well, a place for people to enjoy a snippet of Old Lahore with a modern twist, to relax and enjoy a hot cup of Chai or a cool glass of freshly made Lassi from our Lassi Bar. We want people to relive memories of Punjab or come make new ones with us if you've never been to Pakistan!

Formerly known as Mister Dee's Restaurant, we decided to choose the name Apna Dera, meaning "Our Place" in Urdu, because we want Apna Dera to be just another restaurant out there but to be a home away from home. We wanted to bring the essence of Punjab to Buffalo, serving homecooked style food while also bringing a café like atmosphere. So whether you are a family looking to have a night out or a homesick student looking for a taste of home, we have a seat for everyone.

Watch for our grand opening at 450 Beach Rd in Cheektowaga!



Understanding Dementia & Alzheimer's

By: Dr. Riffat Sadiq, President & CEO, WNY Medical PC

Dr. Sadiq is family practice physician with WNY Medical. One of Dr. Sadiq's areas of expertise is in geriatrics and dementia.

Dementia is a brain disorder that makes it hard to remember, think clearly, make decisions, or even control your emotions.

Alzheimer's Disease is the most common type of dementia. About 60% to 80% of people who have dementia have Alzheimer's affecting more than 6 million people in the United States. It's a progressive condition, which means it gets worse over time, and it usually affects people over 65 years old. Unfortunately, there's currently no cure for Alzheimer's. The disease occurs when proteins (called plaques) and fibers (called tangles) build up in your brain and block nerve signals and destroy nerve cells. Memory loss may be mild at first, but symptoms become worse over time. It gets more difficult to carry on a conversation or perform everyday tasks. Confusion, aggression, and mood changes are other common symptoms. At the final stage, it even gets impossible for patients to remember how to chew their food because their brains cannot receive any signals. I cannot stress hard enough how important it is to catch it at an early stage.

Memory impairment can be divided into two categories:

- Benign forgetfulness
- Malignant memory loss.

Benign forgetfulness can happen to anyone at any age, but the majority of people are over age 65. It is annoying but not serious. Benign forgetfulness is normal and can happen to everyone, such as forgetting where you parked your car, or recognizing someone at a social gathering but being unable to recall their name. They are all too common and normal.

On the other hand, malignant memory loss can be a sign of dementia. It is crucial to know the difference because if you discover dementia at an early stage, you can actually slow down the progression through medications. If it is found too late, the medications can have no effect.

There are actually four ways to self-diagnose your symptoms:

- First, short-term memory loss can be a sign of dementia. If you have trouble recalling things that occurred in short term, there is more of a chance that it is a symptom of dementia. Let's say, you forget what you just ate, or what you watched on TV a while ago, but you can vividly remember the things that happened a long time ago, like ten years. You have a higher possibility of having dementia. There is also a type of dementia that has to do with long-term memory loss.
- Second, illogical forgetfulness. Let say, you left your cellphone in a taxi, it can happen to anyone. However, if you left your phone in the freezer, that is illogical. You can leave your coat in your office, but let say if it was very cold day, then you should be concerned.

- Third, you can't recall the memory even when someone reminds you. For instance, you forgot about the plans you made with your friends. It can happen. However, if you have no recollection of even discussing or making those plans, then it could be an early indicator of dementia.
- Lastly, it is when someone else is worried about your forgetfulness. It is common to worry about memory impairment. However, when it comes to dementia, you do not have this self-awareness of your symptoms. 90% of those who see their doctor for memory concerns are not the one who should be worried. It is rather more dangerous when a friend or family member expresses concern. Then, you really should take the next steps to configure the problem.

If you have experienced any of these four symptoms, you should go see your family doctor as soon as possible. If you discover the disease early enough, you may benefit from medications.

There are 3 main areas of focus in prevention of dementia:

Lifestyle Habits

- Physical activity plays are very important part. Walking for 15 minutes a day, preferably in the sunlight, helps maintain the hippocampus in your brain that plays important roles in the consolidation of information from short-term memory to long-term memory.
- Eat lots of foods with Vitamin B, Vitamin E, and zinc -Such as almonds, berries, fennel seeds. A DASH or Mediterranean diet is highly recommended. Avoid processed foods.
- Get a good night's sleep and plenty of rest. This allows the body to repair itself.

Medical Conditions

- Practice good hygiene
- Don't smoke
- Manage and treat heart problems. Heart attacks and stroke are often linked to dementia.
- Control blood sugar and high blood pressure
- Test hearing - can be linked to dementia
- Head Trauma - protect your brain by wearing your seat belt, a bike helmet when riding your bike, and avoid falls by clearing household objects that may be in the way.

Socialization

- Keep being productive. Learn new things, continue working, play games.
- Stay connected. Join groups, visit with friends and family, play sports, visit a gym or senior center. Activities can have a positive effect on brain health.

More detailed information is available on the Alzheimer's Foundation of America and the Alzheimer's Association websites. To schedule an appointment with Dr. Sadiq please visit WNYMedical.com or call 716-923-4380.



Black Lives Matter: The Fight For Justice

An Opinion Piece By Maggie Benjamin, recent Buffalo State graduate

When the Black Lives Matter movement was first established in July 2013, it was just a #Hashtag. It was a hashtag that spread around the world after a treacherous incident was inflicted by George Zimmerman upon Trayvon Martin (SAY HIS NAME). It was a tragedy that another young black boy lost his life to such senselessness. To this day when I pray, I pray for his family and their strength and courageousness. I can only imagine how hard it was and is for them to cope with such a thing, but I respect and honor them for their willingness to publicize the story of Trayvon Martin (SAY HIS NAME). While I know that must have been immensely difficult, it was the beginning stages of dire change that was and still is much needed in our community.

In lieu of the remembrance of Trayvon Martin (SAY HIS NAME), and the many other innocent black lives lost, Black Lives Matter went from a #Hashtag to a movement. Since Trayvon Martin's death, another movement began as well. That movement is referred to as "SAY THEIR NAMES". This movement began because it is extremely common for innocent black lives to be obliterated at the hand of police brutality, and then the truth being confined to oblivion. Since Trayvon Martin's death in July 2013, 165 innocent black lives have been added to the "SAY THEIR NAMES" list, meaning 165 black people, and their loved ones have been subjected to such tragedy. This is only the ones who have been recorded.

Can you imagine how many more have gone unspoken about? If so, I'm sure you would conclude that this is just the small fraction of instances that have occurred. Could you imagine how tired we (the black community) are of being killed for our skin color and for our familial origins of which we have no control over? If you can imagine this, you have probably experienced racial discrimination or some other form of injustice before.

If you cannot imagine what this is like, but you can imagine how hurtful it is, we need you to stand by our side, speak up, and put actions to your words. We need your help to make a change.

So, the big question that needs to be answered here is, what can our white community members do to help us make a change? We ask that you stand with us in unity, not just at rallies and protests, but in your everyday lives. All we ever wanted was to be equal. Nothing more, nothing less. Help us stand up for our rights which are all the rights afforded to our white counterparts. We are all a part of one community

that we seemingly divide into black and white. Help stop the division by speaking up on our behalf. Help end racism by correcting ignorance relentlessly. We, as a black community, know how tiring it is to fight relentlessly for the things that we are entitled to like our freedom, our safety, and our equality. We get it, it's hard, and it can cause conflict, but it is long overdue, and it is not all on the black community. It is the responsibility of all people as we all comprise the community.

While the Black Lives Matter movement, and the Say their Names movement were good measures, I think people lose sight of what each of them entailed. A movement in this context is a group of people working together to advance their shared political, social, and artistic ideas. This sounds much like an ongoing process. One that is not to be given up on or forgotten about.



• This movement needs to remain ongoing until justice is served.

• It needs to remain ongoing until equality is more prevalent than inequality.

• It needs to remain ongoing until togetherness is more relevant than segregation.

See, we are taught that segregation ended with the Civil Right's Act of 1964, but that didn't end segregation, it changed the ways of which we are segregated. It changed the laws, but it didn't demand a change from all people. Let us as a community of blacks, and whites, and everything in between, come together to abolish segregation amongst our people. Black Lives Matter, just like the lives of everyone else matter.

A Note From The Editor:

After this article was written we in Buffalo NY experienced firsthand the tragic results of racism in our own community. On May 14, 2022 an avowed white supremacist travelled to Buffalo and murdered ten black people in a Tops supermarket on the east side of Buffalo.

Here are a few organizations to contact:

- Fundraiser by National Compassion Fund, Buffalo Survivors Fund([gofundme.com](https://www.gofundme.com))
- Feed Buffalo, [feedbuffalo.org](https://www.feedbuffalo.org)
- FeedMore WNY, [feedmorewny.org](https://www.feedmorewny.org)
- Thurman Thomas Family Foundation, WNY, [ThurmanThomasFamilyFoundation.org](https://www.ThurmanThomasFamilyFoundation.org)
- Buffalo NAACP, [buffalonaacp.org](https://www.buffalonaacp.org)
- Black Lives Matter, [blacklivesmatter.com](https://www.blacklivesmatter.com)

A Review of The Bubble: A Netflix Movie

By: Alex Tilton



Here's the moral up front: I need to listen to my prejudices and not watch movies with dubious cover art that suggests they might be 'clever' comedies. I have only myself to blame for this. Some spoilers ahead, but it doesn't matter, because this is only just barely a movie. Here we go...

Sometimes a character in the movie says what the audience is thinking. Our example from 'The Bubble' comes to us courtesy of a character who's name I couldn't remember with a gun to my head (played by Pablo Pascal): "Listen, I'm sorry, I'm trying to care...but it's hard."

The premise is simple: a bunch of actors are in isolation during COVID while they film a movie and slowly go crazy from the isolation. And because this is a 'smart comedy' all of the actors are (naturally) a bunch of infantile, marginally functional, egomaniacal, substance abusing, pampered idiots...because they're actors.

That's the joke...That's the entire joke...For the entire film.

It's a McNetflix movie about the filming of a McNetflix movie. Isn't that clever? Netflix is saying, 'ha ha ha, we get it, we make a lot of crappy by-the-number-films ha ha ha. See we can poke fun at ourselves, ha ha ha. We will make all of our characters and stuff in the movie be the cliches that people are currently mocking because they are stupid and ha ha ha that will be great ha ha ha."

This is what 'trying to be cool' looks like, and it's godawful. There is no real plot and there is no main character. In fact, there aren't really any characters. Instead, we have caricatures. Each of them has one personality characteristic which is

played up massively. It's supposed be funny, but instead it's obnoxious, dull, predictable and grates on the nerves. I got halfway through it before I quit. It's as though someone tried to stretch a TikTok trend video into a feature film. This theory is supported by the fact that one of the cast members of this movie-within-a-movie is a TikTok dancer who was recruited to bring in her legion of proudly attention-deficient fans. She spends the first half of the movie treating the other cast members like adorably out of touch elderly people.

She might get held accountable for this in the second half of the movie but since I have no intention of subjecting myself to any more of this 'film' I guess I'll never know.

“
It's worth noting that this film has a shockingly high-end cast including David Duchovny, Leslie Mann, Pedro Pascal, Daisy Ridley, Kate McKinnon, John Lithgow and Karen Gillan.
”

It's worth noting that this film has a shockingly high-end cast including David Duchovny, Leslie Mann, Pedro Pascal, Daisy Ridley, Kate McKinnon, John Lithgow and Karen Gillan. They did the best they could with what they were given, but they were given basically nothing. I'd love to rant about why this movie even got made but the answer is as plain as day. It was a quick, cheap product Netflix could stick in their queue to satisfy their endless need for fresh original content.

I have this horrible fear that someone will whine at me that I'm taking this whole thing the wrong way. That it wasn't intended to really be a movie in the first place and at 40 years of age I'm too much of an out of touch geezer to appreciate the new style. To that I say, go watch 'A Mighty Wind', 'This is Spinal Tap', or 'Best in Show.' Mockumentaries can be amazing. There's nothing wrong with the basic idea, this one just happened to be pathetically unfunny. It's not quite as bad as an Adam Sandler film, but it's close. And that's the harshest critique I know.

Allergies: A Q&A and Personalized Interview

By: Dr. Riffat Sadiq, President & CEO, WNY Medical PC & Katy Siwirski

What are allergies?

Allergies are one of the most common chronic diseases. Allergies occur when your immune system reacts to a foreign substance that is not normally meant to cause a reaction. The human immune system produces antibodies, which are proteins produced in response to bacteria, viruses, and other foreign substances. These proteins identify allergies as harmful substances, although they are safe, causing inflammation to your skin, sinuses, airways & digestive system.

Common allergies include dust, pollen, fish, shrimp, peanuts, eggs, milk, bee stings, and latex.

Can my allergies be cured?

When it comes to allergies, we can build immunity to handle allergies in a better way. There are over the counter and prescription treatments that may relieve symptoms. It is possible for individuals to outgrow allergies or for them to become less severe, as you age. Although we can prevent allergies from happening, they are not curable.

What are some treatments for allergies?

The first step is avoidance; avoid the allergens that causes the reaction. Immunotherapy and EpiPens help in a quick circumstance. EpiPens contain a life-saving substance that save those with life-threatening allergic reactions. When someone is having a severe allergic reaction, an EpiPen can be used to temporarily lessen symptoms until medical attention is available.

Seasonal allergies are not as serious, but some are life-threatening. When you are having a life-threatening allergic reaction, the body goes into anaphylaxis. This is the process of the immune system releasing a flood of chemicals that can cause you to go into shock. Signs include a rapid or weak pulse, skin rash, and nausea or vomiting. Individuals can also stop breathing and lose consciousness.

Along with avoidance, there are a few ways to prevent your allergies from taking over your well-being. Keep a diary of causes and effects of your allergies and bring that diary with you to doctor appointments. This could help you and your doctor identify triggers. Finally, if you have allergies that cause severe or life-threatening reactions, medical alert bracelets and necklaces will allow those around you to know of your allergy. This is beneficial in a situation where your throat may swell shut and you are unable to verbally communicate.

How do we discover if we have allergies?

It is important to see your primary care physician, but there are allergy specialists that can test via skin and blood tests. Thankfully, most allergies can be detected through these tests. Skin tests involve the introduction of allergens into your skin to check for marks, rashes, or other reactions. Blood tests check for allergy-specific antibodies, which can have a higher rate of false-positive results. Overall, it is best to speak with your doctor about the best ways to test for or treat your allergy symptoms.

What are some at-home remedies for allergies?

Examples of at-home remedies for your allergies include nasal saline & antihistamines. For dust and pet dandruff, it is important to wash your bedding often, keep your home clean, and take simple steps to avoid these particles. Hardwood floors and leather furniture can assist in avoiding pet allergies, versus carpet and fabric sofas. Air filters are also very beneficial because they trap airborne irritants, reducing allergens in your home. According to several 2015 reviews done by PubMed Central, acupuncture demonstrated positive results for a variety of allergies. Probiotics have also been shown to potentially improve symptoms of allergies. Vitamin C may also show benefits, too.

How many people are affected by allergies?

According to the Asthma and Allergy Foundation of America, 24 million people in the United States were diagnosed with seasonal allergic rhinitis, also known as hay fever. This makes up 19.2 million adults and 5.2 million children. These individuals identify as those allergic to pollen from trees, grass, and weeds.

According to The Allergy & Asthma Network, at least 26 million adults have food allergies, and 6.5 percent of children under 18 years of age have food allergies. Among adults with food allergies, 51.1 percent of those experience a severe reaction. Among children with food allergies, 42.3 percent of children with food allergies have experienced a severe reaction. Overall, food allergies make up one of the top three sources of anaphylaxis worldwide.

What other advice do you have to those with allergies?

It is very important to take care of yourself. You are your own doctor; you see yourself every day. Watch what is bothering you and watch what is causing allergic reactions. See your doctor so that they can perform tests. Keep EpiPens with you, as prescribed by your doctor, to avoid any life-threatening situations. Overall, take care of yourself and pay attention to your body's reactions to certain substances and particles.

“
It is very important to take care of yourself. You are your own doctor; you see yourself every day. Watch what is bothering you & watch what is causing allergic reactions.
”

Hello readers! Katy here, and so is allergy season.

This is a difficult time for everyone who experiences these problems, but it is important to remember that you are not alone. I am here to remind sufferers of tips and techniques to help with your allergies, as well as relate to those who experience the same issues. Remember, although we are in allergy season, individuals have allergies that they deal with on a daily basis. I asked my family what their allergies are, what they use to prevent them, how they discovered they have them, and what they suggest for further prevention.

The first person I interviewed is my sister-in-law, Jenna. She is allergic to pollen, all animals with fur and feathers, tree nuts, and shellfish. She takes Claritin daily, as well as Benadryl for severe reactions. She takes a Proventil inhaler as needed, too. She discovered she has allergies when she had an asthma attack from dogs and cats. She discovered her food allergies when her eyes and throat swelled shut from the reaction. There are hypoallergenic animals, and she took advantage of this opportunity by adopting one. Jenna suggests to those with food

allergies to prepare before going out to eat at a restaurant. Check the menu for the foods you are allergic to and avoid them accordingly. For other allergies, make sure you take your medication. Overall, Jenna's life with allergies isn't too shabby, and quite a bit furry.

The next person I interviewed is my dad, Jim. He is allergic to cats, pollen, and ragweed. He states that "I will only take something if they get really bad. As I have gotten older, they do not affect me as much. Claritin would be my medication of choice." He also takes a daily multi-vitamin, and states that this seems to help. He can be around our cats, as long as he doesn't pet them for much more than thirty seconds. In terms of pollen and ragweed, he simply states that avoiding these factors helps prevent them. He discovered he had allergies when he was four years old. His best tip of advice is mind over matter; not thinking about your allergies helps you control them. Although I hear my dad sneeze a lot, he lives a generally content life with his allergies.

To say the least, allergies are not the most pleasurable experience for those who suffer from them. Take the right steps in treating your allergies now, and they will likely get easier to maintain, over time. Remember, although not curable, you can live a happy and healthy life by properly managing your allergies.

“
His best tip of advice is mind over matter; not thinking about your allergies helps you control them.
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Yoga: Benefits of the Practice

By: Lana Shapiro, Holistic Life Coach, Reiki Master & Lifepath Astrology Reader

What is Yoga?

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

What are the Origins of Yoga?

The practice of yoga is believed to have started with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born, over 5000 years ago. In the yogic lore, Shiva is seen as the first yogi.

Historical evidences of the existence of yoga were seen in the pre-Vedic period (2700 B.C.). Tentatively, the period between 500 BC - 800 A.D. is considered as the Classical period which is also considered as the most fertile and prominent period in the history and development of yoga.

For many, the practice of yoga is restricted to Hatha Yoga and Asanas (postures). However, among the Yoga Sutras, just three sutras are dedicated to asanas. Fundamentally, hatha yoga is a preparatory process so that the body can sustain higher levels of energy. The process begins with the body, then the breath, the mind, and the inner self.

Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health are natural consequences of yoga, the goal of yoga is more far-reaching. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony."

Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner wellbeing. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith, ethnicity or culture.

What are the Benefits of Yoga?

A regular yoga practice can promote endurance, strength, calmness, flexibility and well-being. Additional benefits to yoga are included but not limited to:

Cardiovascular benefits

Several small studies have found yoga to have a positive effect on cardiovascular risk factors: It helped lower blood pressure in people who have hypertension. It also lowered excessive blood sugar levels in people with non-insulin dependent diabetes and reduced their need for medications.

Enhancing fitness

Yoga is known for its ability to soothe tension and anxiety in the mind and body. But it can also have an impact on a person's exercise capacity.

A boost to weight loss and maintenance

People who practice yoga and are mindful eaters are more in tune with their bodies. They may be more sensitive to hunger cues and feelings of fullness.

A better body image

Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body.

Increases your blood flow

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result.

Makes you happier

Consistent yoga practice can improve depression and lead to a significant increase in serotonin levels and a decrease in stress hormone cortisol

Helps you focus

An important component of yoga is focusing on the present.

Improves your balance

Regularly practicing yoga increases the ability to feel what your body is doing and where it is in space and improves balance.

Relaxes your system

Yoga encourages you to relax, slow your breath, and focus on the present

Helps you sleep deeper

Yoga can provide relief from the hustle and bustle of modern life. Another by-product of a regular yoga practice, is better sleep—which means you'll be less tired and stressed and less likely to have accidents.

Gives your lungs room to breathe

Yoga also promotes breathing through the nose, which filters the air, warms it and humidifies it, removing pollen and dirt and other things you'd rather not take into your lungs

Builds awareness for transformation

Yoga and meditation build awareness. And the more aware you are, the easier it is to break free of destructive emotions.



Principled Communication

By: Faizan Haq, President & CEO, Manage Your Business LLC



What do we do every day in business? We communicate; what has been done, needs to be done, and what is going on. Back and forth communication decides the outcome of business interactions and activities. Meetings give projects life, and the records of the meetings decide the quality of the project. When the records and minutes are not intact and meaningful action items are not attached to the meetings to measure progress, even the simplest project loses its integrity and quality.

Principled communication requires a set of protocols put in place before the communication process begins. These protocols, no matter how primitive or ordinary, will save businesses from internal turmoil and external pressures. It is true for an organization of a basic family unit made of husband and wife to a multi-faceted organizational setup of a nation. If one wants to know the internal strength of an organization, they simply have to question the guidelines of principled communication.

Let's take an obvious example of the American constitution. It sets up the rules for principled communication among and between all branches of the government, and a clear balance between governmental authority, freedom of expression, and the rights of the public. And a smart bunch of very learned legal scholars known as Supreme Court judges spend their time rendering opinions about those principled communication rules.

You have to decide in your place of work or business what are the rules of principled communication. When you probe this question, the strength of the organization, integrity of its leadership, and the quality of its business practices will be unveiled. It is not a bad idea for your own self if you jot down what are your rules of principled communication. For example, one of the rules can be to always be factual and not scoop down to lying or habitually misstating facts. You will lose your credibility very quickly. What are the golden rules of principled communication? We will answer this question in the next edition of Your Bliss Magazine.

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Replacement Cost, Actual Cash Value & Flat Value: What's the Difference?

By: Taylor Haines, President & CEO, Encompass Agency

In this article, we will be reviewing the types of replacement options that property insurance can be written with. These valuations can apply for both residential homes, as well as commercial buildings. Understanding the differences can determine if your property has adequate coverage in the event of a loss.

Replacement Cost is King

When it comes to property valuations, nothing can top a solid replacement cost (RC) policy. Imagine a home that was built in 2005. Back in January of 2005, the cost of lumber on the futures market was \$418 per 1,000 board feet. As of February 1, 2022, the current pricing of lumber is over \$1,000 per 1,000 board feet. This is a 300% increase in the cost of lumber in that time span. (Source: <https://tradingeconomics.com/commodity/lumber>)

When we consider the cost to replace an entire home, perhaps one that was damaged due to a major fire, there is almost no scenario that would ever play out where the cost to rebuild would be less than the cost to originally build keeping a similar design plan.

Thanks to the Replacement Cost valuation method, you're in good hands. The Replacement Cost provision of a policy states that the policy will pay, up to the limit of insurance, to replace your property with similar type and quality materials that were used in the original build.

The good news is that depreciation is not factored into replacement cost. Typically, these policies insure over the market value of the home, and may in-fact be much higher value than what you paid for the property (Although, this is not always the case).



Actual Cash Value: The Runner Up

Sometimes Replacement Cost is not an option on a home or commercial building. Why? Perhaps the building is in disrepair, or as we call it in insurance terms "Distressed".



Another reason is that the Replacement Cost of the building far exceeds its actual value. While Actual Cash Value (ACV) is more commonplace on larger commercial properties, it can be used on homeowners' insurance in certain situations. It is important to remember that depreciation is factored into ACV.

The formula for calculating ACV is:

The Replacement Cost - Depreciated Value = ACV.

Example: John's roof is 10 years into its 20-year life. He paid \$10,000 for the roof originally. Should a claim occur on the roof today and John has an ACV coverage on his policy, the maximum that John will receive for his damaged roof is \$5,000 (\$10,000 - 50% depreciation).

Flat Value/Agreed Value: A comfy medium

In certain situations, property owners can opt for something sort of in-between ACV and RC, Flat Value (Also called agreed value or stated value). Flat policies tend to work best where the market value of a property is lower than the Replacement Cost, but in good enough condition that the insured does not want to insure strictly to ACV, or perhaps when a building has a certain uniqueness that cannot be accurately calculated.

As an agent, I usually reserve this for three scenarios; when a landlord purchases a property and wants only their purchase price covered, when I get a very unique home or when a bank requires a waiver of co-insurance on a commercial property.

Example: A home designed by Frank Lloyd Wright is one-of-a-kind and the cost to replace it cannot truly be accurately valued. The owner of the house wants to insure to X amount, and the insurance company agrees to that amount - regardless of the replacement cost or depreciated value.

Summary

Choosing the correct property valuation method for your property, commercial or residential, is extremely important towards meeting your insurance goals. No matter what route you feel is best for you, talk it over with your agent to make sure your property is covered just the way you need it to be.

To get a quote on your Homeowners, Landlord Rental or Commercial Property, tap or click the request button below. Our team of dedicated insurance professionals will have a one-on-one consult with you at no cost to review your options.

Taming a Bear Market in Retirement

Adding flexibility to your retirement income portfolio with participating whole life insurance from Massachusetts Mutual Life Insurance Company

If you're saving for retirement, you're probably used to seeing the value of your retirement accounts go up and down with the financial markets. However, once you retire, this may be a greater concern.

Taking withdrawals from your retirement accounts during market downturns can significantly reduce their value over the long term. This may ultimately impact the amount of income you will have available during retirement, as well as the amount remaining to leave your spouse or family.

You Can't Predict, You Can Prepare

You can't always predict the ups and downs in the financial markets, or how long they will last. However, you can be better prepared to weather changing economic conditions by having alternate sources of retirement income that are not directly impacted by market conditions. This may give you the ability to more effectively manage your retirement assets for the long term.

Adding a Conservative Element to Your Accumulation Strategy

A whole life insurance policy that you purchase to help protect your family today can also add a conservative element to your overall accumulation strategy. In addition to the death benefit protection it provides, a whole life policy builds cash value over time that increases each year and never declines in value due to market conditions. The cash value accumulates tax-deferred and may offer a dependable source of tax-favored supplemental retirement income¹ that can help you be better prepared for economic downturns during your retirement.



Safety Month: From Workplace to Anyplace

By: *Samantha Barron*

According to a blog from Weekly Safety, National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. Topics to be covered this year include musculoskeletal disorders, workplace impairment, injury prevention and slips, trips, and falls. All organizations are encouraged to participate in National Safety Month, regardless of industry. As a workplace and community leader, how can you make the efforts to ensure a safe and secure surrounding?

When working in an office setting, it is important to maintain good posture in every way possible. This can assist in avoiding injuries and disorders of the muscles, nerves, tendons, and more. Scientifically put, efficient work environments and performances can take part in avoiding musculoskeletal disorders. According to the Center for Disease Control, its Institute for Occupational Safety and Health released a review of evidence in 1997 for work-related disorders of these types. Examples that can lead to these issues include routine overhead work, work with the neck in chronic flexion position, or performing repetitive forceful tasks. Upholding an erect back, using a mouse pad with a cushion, and taking occasional screentime breaks are just a few ways to get on track to avoiding musculoskeletal disorders influenced by an office workplace.

When it comes to maintaining a safe work environment, injury prevention is a key factor. According to concentra.com, there are ten helpful tips to avoid an injury in the workplace. First and foremost, incorporate a safety and wellness plan. By formatting an effective accident prevention and wellness program, employee safety and healthy encouragements can influence healthy practices and behavior. Secondly, employers should provide safety equipment for their office, as deemed necessary. Certain workers should not only be provided with goggles, face protection, gloves, and hard hats; they should also be given proper training on how to use the equipment. Finally, do not take shortcuts. Accidents happen when employees skip a step or two to complete a job ahead of schedule. Ensure that all instructions are clear and organized to prevent undue mishaps in the workplace. By following these steps and more, one can ensure a secure work environment.

Working in an updated office space is crucial to avoid slips, trips, and falls on the job. According to travelers.com, these incidents count for fifteen percent of all accidents in the United States work environments. It is important to understand where the greatest potential for danger lies on your premises.

Hazards associated with slips, trips, and falls include broken surfaces, slippery floors, poorly marked walkway transitions, and wet surfaces due to poor drainage. Routine inspection of your workplace should be a regular part of your safety program to prevent these accidents for workers and visitors, alike. How can you help avoid slips, trips, and falls? Design your entrances to accommodate the expected volume of foot traffic going in and out of your business. Use wet floor signs to warn others of known hazards. Have spill cleanup supplies readily available for immediate use, when necessary. Finally, ensure efficient lighting in all walkways of your establishment. In the event of an accident, ensure that the incident is documented and reported immediately. Document all details of the incident, collect names of everyone involved, and take photographs of the accident site. By following these simple steps, one can avoid a hazardous and potentially dangerous work environment for their colleagues and employees.

National Safety Month is an important way to focus on a happy and healthy work environment. These circumstances should be noted not only in the office, but in all living situations. To ensure safety for all, try adding regular safety meetings to your company's safety and health program. Hold regular meetings with your team to ensure quality communication and excelling of safety standards. You can visit the National Safety Month website at nsc.org for more information on this crucial topic.



The Significance of the Summer Solstice

By: Marley Coppola, Tarot Reader, Rising Goddess



The summer solstice has a rich spiritual past and significance. There is so much more to summer coming than many of us realize. We celebrate by spending time outdoors. In the past, many societies celebrated with festivals and all sorts of activities. As new age spiritualism is on the rise, we have begun to look back to our roots.

The summer solstice is when the sun is furthest from the equator, marking the longest day of the year in the Northern Hemisphere. This day was marked in Neolithic European cultures. It bared spiritual importance to crops and harvest cycles. This indicated the start of our journey around the sun each year. This is when the sun is most visible during the year.

Towns and villages would set bonfires with the purpose to help give the sun more power. More sun meant a bigger harvest. It is also believed that on the day of the solstice, the spirit realm is closer to the material realm. People wore flowers to ward off negative energies and spirits. A commonly used flower was Saint John's wort. Magic is said to be strongest during this day. Because of this, many cultures would hold festivals for Gods or Goddesses they worshiped to strengthen their bonds, and reconnect with the world around them. Being outdoors is an important theme for this holiday. Though this is a time of celebration, there is also reflection inward, because winter will be coming. This being marked as the longest day of the year meant shorter days were soon approaching, and winter's darkness would creep in.

When we think about modern day we ask, how are we supposed to tie these values into our modern-day life? Finding spiritual significance from the past and applying it to modern life can be challenging. However, it is within us and using our instincts we find ways to celebrate. When summer comes, and the sun shines often, we feel physically better. Seasonal depression begins to lessen. We think more positively and spend more time becoming grounded in nature. There are many

ways we can celebrate today. If you wish to follow tradition you can have a bonfire with friends and family and spend the day outside.

Productivity at this time of year was increased in past societies. You could spend a day foraging in your local parks or even your backyard for edible wild plants. You can also spend time making and wearing flower crowns. Remember to eat with your family and to invite whoever feels right. A small gathering to celebrate togetherness and the warmth is a great way to start. You can pick up a new hobby of canning or jarring fruits and veggies to prepare for winter or make a plan on how to improve one aspect of your life before winter comes. Take time to honor the earth and the sun, to be grateful for the gifts that surround us and to celebrate all the good we have in our lives.

“
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and the sun shines often, we
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”

In modern day spiritualism, we have many influences from nature returning to our roots. Oftentimes we refer to the past as simpler times, do not over-think celebrating this year. Spend time outside and enjoy the summer. Your celebration could be laying in the grass working on your tan and enjoying the sun's warm rays or taking a walk on your favorite park trail with friends or family. Simply take this time to enjoy Mother Nature.

Why You Should Update Your Passwords

By: Jordon Stockwell

Most businesses are concerned about network security, and there are numerous ways to improve it, including changing passwords. But how often should your password be changed? Perhaps you haven't changed your password since high school or college and have no plans to do so? Well, you aren't the only one, but it doesn't make it right. It's also worth noting that some people believe that changing passwords is just as unpleasant as retiring. As a result, many continue to use the same or a very similar password for far longer than is necessary, ignorant to the fact that failing to update or recycle passwords offers a variety of online security risks. Furthermore, 66% of people in the United States use the same password for many of their online accounts, and 75% think it's difficult to remember and keep track of their passwords. The terrible part is that, while changing your password may seem tedious, it is sometimes the only way to keep your company's valuable information from falling into the wrong hands.

How Often Should I Change My Passwords?

People should change their passwords every three months, according to IT experts. However, if you suspect you've been a target of a cyber-attack, you should make the necessary changes right away. The goal is to ensure that if a password is stolen, a cybercriminal will only spend a brief period inside the hacked account. If you do not intend to change your password on a regular basis, it is recommended that you follow the instructions below for changing your password:

1. If you suspect your account has been compromised, change your password right away.
2. Use strong, one-of-a-kind passwords.
3. To prevent remembering or taking note of your passwords, utilize a password manager instead.
4. Consider utilizing two-factor authentication whenever possible to ensure that a compromised password does not jeopardize your account.

How Do Passwords Get Hacked?

Password-hacking tactics are accessible to online attackers in a variety of ways. Purchasing your credentials on the dark web may be the simplest choice. Understand that obtaining and selling login passwords and credentials on the black market is a lucrative business for hackers. That means that if you're still using the same password after a few years, it's very likely that it's been compromised. The following are some of the methods used by attackers to obtain passwords:

1. Guessing
2. Phishing
3. Malware
4. Brute Force Attack

How to Create a Strong Password

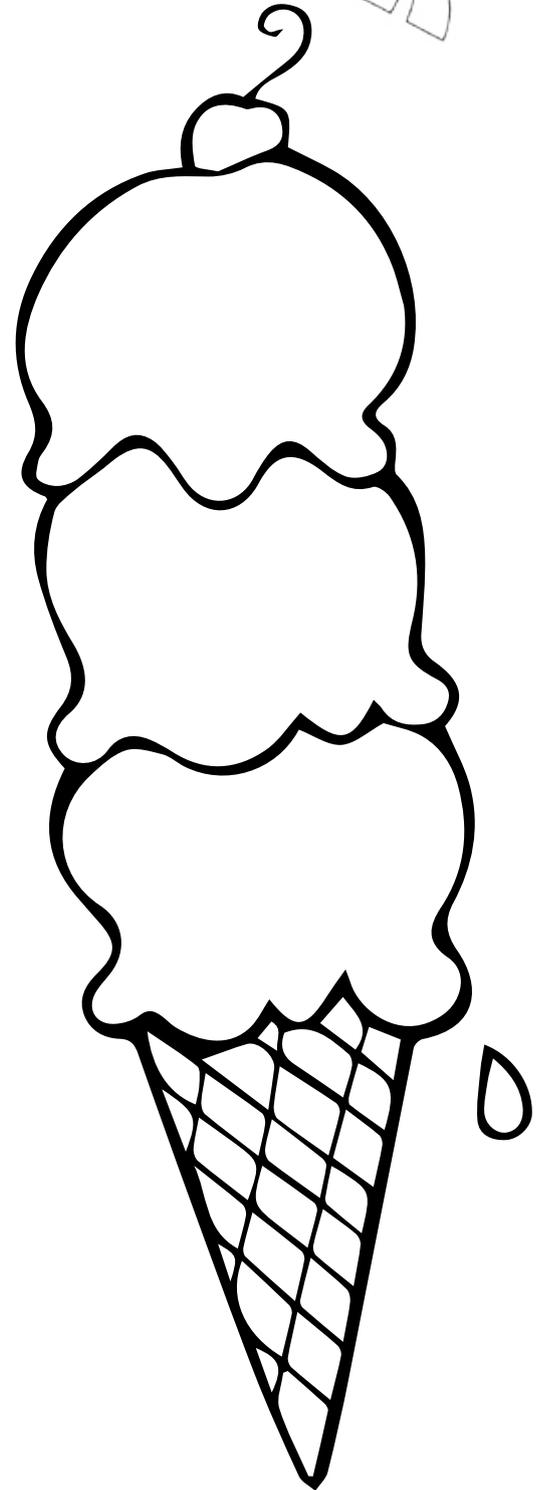
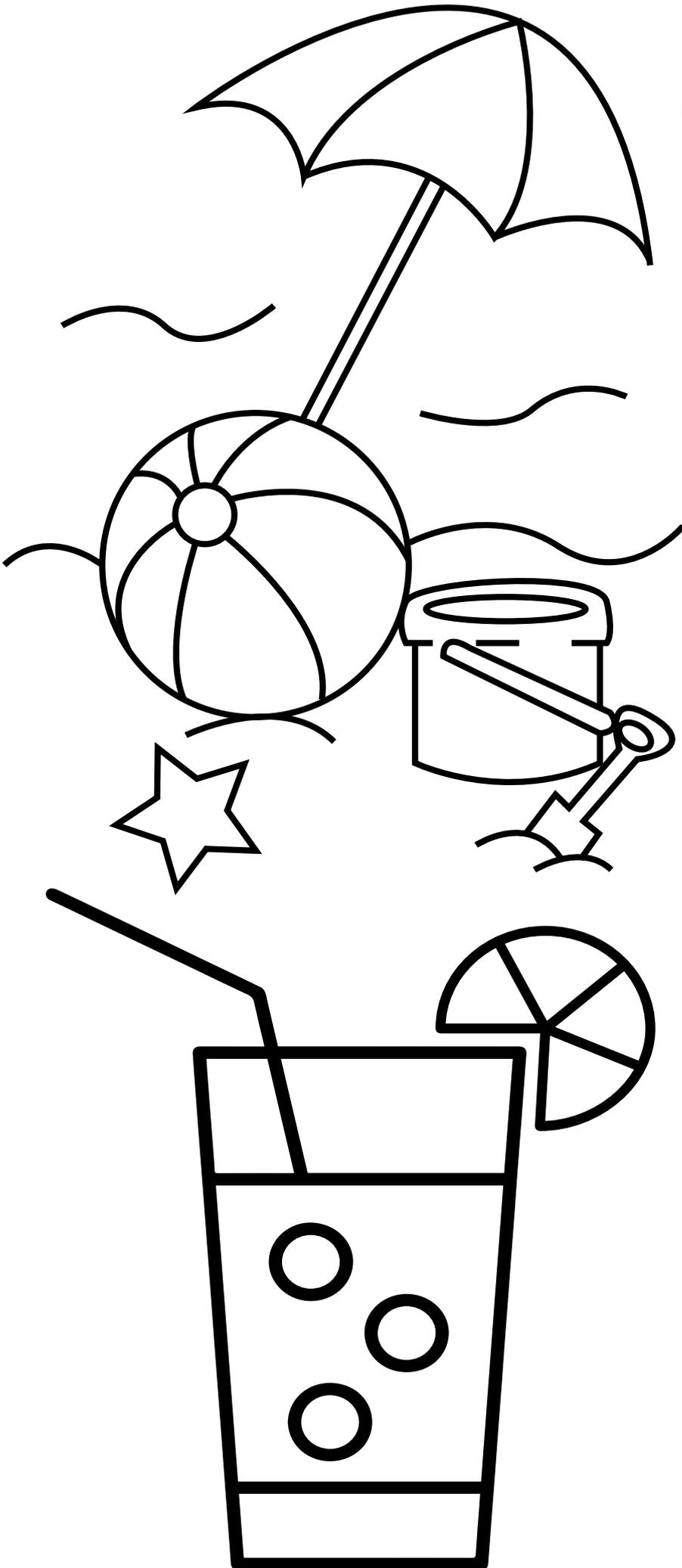
Here are tips for creating strong passwords:

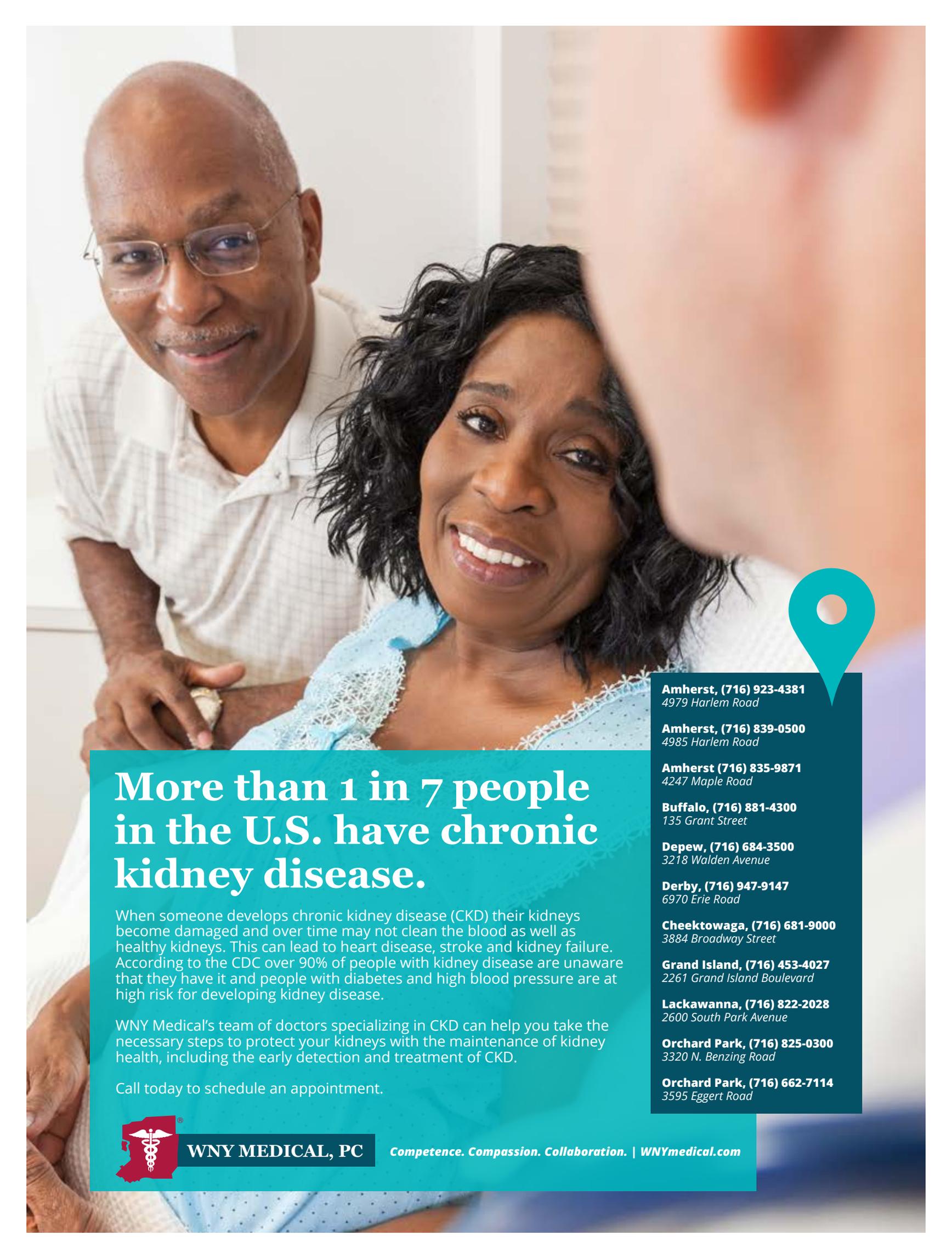
1. It can be difficult to come up with a strong combination of 15-to-20 or larger character passwords with capital letters and special symbols, but this will ensure your password is secure.
2. A password generator will be helpful, if you want a random string of characters as your password, and it will go a long way toward safeguarding your online accounts and devices.
3. Reusing passwords is a bad idea because hackers will try to crack your old password and variations of it as soon as they get their hands on it.
4. Make use of a passphrase. That refers to a group of words that, when put together, create meaning in some way.
5. Invest in a password manager to add an extra degree of security and the ability to store many complex passwords.





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More than 1 in 7 people in the U.S. have chronic kidney disease.

When someone develops chronic kidney disease (CKD) their kidneys become damaged and over time may not clean the blood as well as healthy kidneys. This can lead to heart disease, stroke and kidney failure. According to the CDC over 90% of people with kidney disease are unaware that they have it and people with diabetes and high blood pressure are at high risk for developing kidney disease.

WNY Medical's team of doctors specializing in CKD can help you take the necessary steps to protect your kidneys with the maintenance of kidney health, including the early detection and treatment of CKD.

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