



Healthy Eating

local professionals who promote healthy living and lifestyles without sacrificing the taste!

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Established 1986 **874-6422**

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Health Related Services by Appointment

- Nutritional Consultation
- Therapeutic Massage
- Foot Reflexology • Reiki

Marcia Honsberger, R.N., B.S., C.N.C.
2840 Delaware Avenue • Kenmore
Hours: Mon.-Sat. 10am-6pm; Closed Sunday



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ask about using juice for **ARTHRITIS, GOUT & SPORTS RECOVERY**

Free living workshop

Taught by specially trained volunteer leaders, some of whom have health conditions themselves, a free six week series of workshops will help participants with ongoing health conditions such as diabetes, high blood pressure, anxiety, arthritis and many other chronic conditions.

Moot Senior Center, 292 High St., Buffalo 12:30 to 3 p.m. Thursdays, May 2, 9, 16, 23, 30, June 6

Kenmore Community Center, 135 Wilbur Ave., Kenmore 12:30 to 3 p.m. Tuesdays, June 4, 11, 18, 25, July 2, 9

The free workshops cover a new topic each week and provide opportunities for interaction and group problem-solving. The workshops help participants and/or their families:

Find better ways of dealing with pain and fatigue. Discover easy exercises to help improve or maintain strength and energy

Learn the appropriate use of medications; Improve nutrition

Talk effectively with family, friends and health professionals

Understand new treatment choices. Feel better about life

Call Erie County Senior Services at 858-8081 to register for the series.

Space is limited, so please call soon.

Help thy neighbor

Have you ever gone to the grocery store, bank, or pharmacy and thought of a neighbor that could use a ride to the same locations? Have you ever wondered does my neighbor need checking in on during a weather event? You may ask "how do I connect with someone to do this favor." I have time to volunteer 1-3 hours per week but really want to do it on my time.

Canopy of Neighbors is part of the national movement called the Village to Village Network. This is a grassroots, non-profit, movement to enable seniors to age in place. Canopy of Neighbors is providing much needed services to seniors 62 and older in the area from Richmond Avenue to Main Street and from Delaware Avenue to North Street (zip codes 14222 and 14209).

Canopy of Neighbors is currently recruiting volunteers for several volunteer opportunities at the main office and surrounding locations. We are looking for volunteers of all ages and talents. This year presents an especially big challenge for us as we begin our second year of services for this effort and we want to continue our success. Volunteers are the cornerstones of our agency as we receive more and more service requests daily from the people that assisted us in the past with their talents and community service!

Volunteer Concierge Services are offered one on one, with volunteers working directly with our MEMBERS, running errands for the Member on their own time. Concierge services include transportation

to & from medical appointments, grocery shopping, and religious services, visiting family and friends and other errands.

The General Volunteer Driver allows our Members easy access to appointments making their life simple. Volunteer drivers respond to Member requests, e.g. run errands, grocery shopping, fix-it jobs, hang pictures, change light bulbs, make visits, help with electronics, assistance putting up Holiday decorations around the house, or just having a cup of tea and being a friend. Assistance with mileage reimbursement is available through our partner, the Retired Senior Volunteer Program ("RSVP") and we provide auto insurance. Buffalo Car Share opportunities are available if you feel that you would like drive but not in your own car.

The Office Assistant Volunteers answer telephones, fill out Member requests, call and schedule volunteer assignments, check mail, photocopy, data entry, and mailings and interact with staff and other volunteers. Office Assistant Volunteers need to make a weekly commitment for 3 - 4 hours per week, Mondays 1 to 4 p.m., Tuesdays, 1 to 4 p.m. or Fridays, 1 to 4 p.m. when the offices are open.

Organizers help other volunteers and staff members develop and implement special events to benefit the neighborhood like Spring clean up and planting flowers, raking Fall leaves with teenagers from area schools. If your computer savvy your expertise could be used to help a senior with a computer problem.

Canopy of Neighbors, a not for profit organization, was created by a group of people who live in zip codes 14222 and 14209 in the heart of Buffalo, New York. Our mission is to give our Members, neighbors like ourselves, the practical means and the confidence to remain in their own homes as they grow older, and to facilitate their empowerment by linking them with whatever resources necessary to help them stay in their own space.

A strong older community presence in the neighborhood contributes to the area's diversity and allows for greater intergenerational contact. Retired people may be the eyes and ears of the neighborhood while others are at work, and they often own their own homes, giving them a significant stake in their environment. They may have considerable disposable income to distribute among local businesses and make important social, political, and cultural contributions to their communities.

We welcome participation by members of any community, so please sign up a friend to join you. Call our office at 332-6143 or send our Volunteer Coordinator an email at canopyofneighbors.volunteers@gmail.com each person's help will make a difference.

Older individuals value their independence highly and so do we. When a person is able to remain home as they age they tend to be much happier and their health often reflects that. People who remain in their own homes may find it easier to maintain the social life to which they are accustomed, which is vital to the overall well-being of the person.



CHEF BINKS

Healthy Recipe Corner

Spicy Grilled Shrimp

Serves: 4
Cook Time: 20 Minutes
Shopping List:

- 1 large clove garlic
- 1 tablespoon coarse salt
- 1/2 teaspoon cayenne pepper
- 1 teaspoon paprika

Recipe:

1. Preheat grill for medium heat.
2. In a small bowl, crush the garlic with the salt. Mix in cayenne pepper and paprika, and then stir in olive oil and lemon juice to form a paste. In a large bowl, toss shrimp with garlic paste until evenly coated.
3. Lightly oil grill grate. Cook shrimp for 2 to 3 minutes per side, or until opaque. Transfer to a serving dish, garnish with lemon wedges, and serve.



ENJOY!

visit www.ChefBinks.com

For more healthy recipes visit WNYHealthMag.com