

The Wellness Institute of Greater Buffalo & WNY NEWSLETTER

April 2019

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The way to change the world is through individual responsibility and taking local action in your own community.

-Jeff Bridges

 **THANK YOU FOR READING**

Here at the Wellness Institute of Greater Buffalo & WNY, we strive to create happy and healthy communities! Through educating our community members and businesses on social, environmental, economic and healthy human capital we can alter the health of our neighborhoods.





NATIONAL HEALTH OBSERVANCES

National Public Health Week: <http://www.nphw.org/>

National Walk at Lunch Day: <https://www.bcbs.com/news/national-walk-at-lunch-day>

Alcohol Awareness Month: <https://www.facingaddiction.org/resources/alcohol-awareness-month>

National Autism Awareness Month: <http://www.autism-society.org/get-involved/national-autism-awareness-month/>

National Distracted Driving Awareness Month: <https://www.nhtsa.gov/risky-driving/distracted-driving>

National Donate Life Month: <https://www.donatelife.net/ndlm/>

National Minority Health Month: <https://www.cdc.gov/features/minorityhealth/index.html>

Testicular Cancer Awareness Month: <https://www.testicularcancerawarenessfoundation.org/>

Oral Cancer Awareness Month: <https://oralcancerfoundation.org/events/oral-head-neck-cancer-awareness-month/>



APRIL 2019 EVENTS

- Tue 2nd “What is Community Wellness?” Community discussion; 12:30PM @ Central Library Buffalo
- Sun 7th Reflective Walk; Meet at Hoyt Lake/Marcy Casino at Delaware Park; Walk begins at 10:45-11:30AM
- Thur 18th Live Well WNY Conference; 9AM-4:30PM; Buffalo Grand Hotel;
<https://www.pophealthwny.org/news/tag-live-well-wny/>
- Wed 24th Buffalo & Erie County Public Library Health Fair & Walk; 10 AM-1 PM; Downtown Buffalo
- Sat 27th YIMBY festival; 10AM-2PM; 998 Broadway Ave
- Sat 27th Resolution Fair; 9AM-4PM @ WNED Studios <https://www.wned.org/community/screenings-and-events/resolution-fair/>
- *May 1st Celebration of National Walk at Lunch Day; Downtown Buffalo; Noontime walk; For more info please contact 851-4052- Kicks of Series of Downtown Walks

“The greatness of a community is most accurately measured by the compassionate actions of its members.”

-Coretta Scott King

SOCIAL

Social capital is an idea that sometimes feels not-so tangible, but that offers great benefits to health and wellness. Social capital is defined as “...the connections among individuals—social networks and the norms of reciprocity and trustworthiness that arise from them,” (Putnam, 2000) and this factor has direct implications with health outcomes. The theory around social capital basically implies that if you have better relationships with the individuals and organizations in your community, your



health and your quality of life will benefit from these relationships. Social capital can affect health in that it increases responsibility, the amount of health information to which you are exposed, as well as the amount of community resource development (Folland & Nauenberg, 2018). Social capital also decreases stress and risky behaviors (Folland & Nauenberg, 2018). Social capital, rooted in trust and reciprocity, makes people feel more accountable for their health and decisions, while it also provides social supports to individuals where if they are in a bind, slip up, or need help, they know they can go somewhere for help.

–Lucy Connery

Visit: <https://www.nationalcivicleague.org/>

ENVIRONMENTAL

Erie County Spring 2019 Compost Bin & Rain Barrel Sale!

The City of Buffalo has teamed up with Erie County and the Western NY Storm Water Coalition to offer the community rain barrels and compost bins at wholesale prices! This great deal is only going on until May 3rd. If you would like to find out more please check out their site:

<https://eriecompostersale.ecwid.com/>





Wellness Institute of Greater Buffalo is Launching the Western New York Walks (WNY Walks!) Initiative!

Many of the counties that make up Western New York suffer from poor health and reduced quality of life. Out of 8 counties in WNY, 7 are rated at number 40 or lower in terms of health outcomes according to the Robert Wood Johnson Foundation community health rankings. One of the factors contributing to this is low levels of physical activity across all age groups. The Wellness Institute of Greater Buffalo is launching a new initiative aimed at increasing levels of physical activity in all age groups across WNY including urban, suburban, and rural areas.



“WNY Walks!” will be a strategic, regional initiative to increase physical activity levels across the lifespan. The current levels of health and physical activity will be obtained from base line metrics from various sources including the CDC, walkscore.com, and BFRSS data. The vision for this initiative is that individuals, organizations, and communities in Western New York will enjoy the social, economic, environmental, and health benefits of physically active lifestyles and walkable communities.

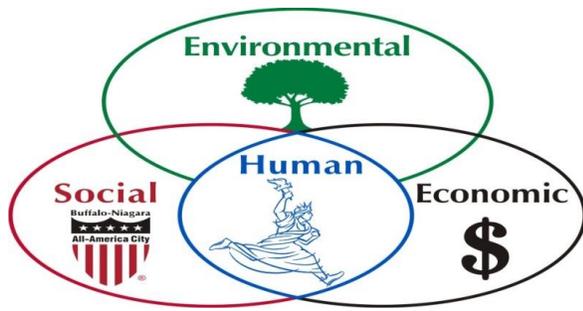


Live Well WNY Kick-Off Conference

April, 18th 2019 at the Buffalo Grand Hotel, Population Health Collaborative is hosting an event that will address key factors in our overall wellbeing and the economic impact of our health. Our very own executive director, Phil Haberstro, will be speaking around 3:30PM. If you are interested in attending this community changing event, purchase your ticket on EventBrite. Link here:

<https://www.eventbrite.com/e/live-well-wny-kick-off-conference-tickets-57838172531>





**WELLNESS INSTITUTE
OF GREATER BUFFALO**

CreatingHealthyCommunities.org

Our Mission is to Create Healthy Communities.

The Wellness Institute of Greater Buffalo & WNY was incorporated in 1989 as a public benefit organization. The Institute's Mission is to create a healthy community. The mission is addressed by advocating for and facilitating strategy fostering a regional culture that invests in, encourages and sustains individual, family, organizational and community capacity to practice positive civic, environmental, economic and health enhancing behaviors. Strategically guided by the interdisciplinary "healthy community" movement, the Institute's work is enhanced through assessment and visioning, collaboration, networking, advocacy, professional development services, educational programs, communication, volunteers, innovation and leadership on health promotion, civic engagement and quality of life issues.

OUR SHARED VISION

“Citizens within our communities share in the shaping of our thriving bi-national region. Safe and stable neighborhoods, respect for diversity, accessible cultural/recreational opportunities, a healthy population, and lifelong learning provide an exceptional quality of life. Our dynamic business climate evolves from a competitive workforce, responsive governance, and a comprehensive transportation system. A balanced, sustainable, environment ensures the prosperity and natural resources of our region.”

Please feel free to contact us with any feedback on our newsletter!

If you would like to submit an event and/or article please contact us at BeActive@city-buffalo.org.

The Wellness Institute of Greater Buffalo and Western New York, Inc.

65 Niagara Square, Room 607, Buffalo, NY 14202

Phone: 716-851-4052 * Fax: 716-851-4309

Email: Wellness@City-Bufferlo.org * www.CreatingHealthyCommunities.org

“Communities are incubators of innovation and are where our “can do” spirit resides. In communities lies hope and new opportunities for citizens to volunteer, celebrate, learn about their responsibilities, and take action together.”

-John W. Gardner

Former Chairperson for National Civic League
www.NCL.org