



Meet Richard & Jane Griffin



By Marian Deutschman

Outstanding accomplishments characterize the life and world of Richard Griffin. Canopy of Neighbors is fortunate to have his wisdom as a board member since its beginning. Dick is an attorney at the Kavinoky and Cook law firm. He and his wife, Jane, both of whom are Canopy members, have worked as a team to make our community a better place. Jane Griffin is an expert in the field of X-ray crystallography and a principal scientist at Hauptman-Woodward Medical Research Institute. Dick is a graduate of the University at Buffalo Law School and Canisius College where, this year, he and Jane were awarded honorary doctoral degrees for their exceptional efforts on behalf of the

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Satisfied Members Speak About Our Super Star Volunteer Couple

Grocery Gratitude

When I first heard about the Canopy of Neighbors help with transportation, especially in winter months, that was the great drawing card for me. Difficulties with parking, coping with ice and snow are challenges that even stalwart old folk fear. And even more so for those on canes and walkers. So this solution of volunteer drivers seemed foremost among services provided by Canopy.

Now, as a Canopy of Neighbors member of several years, a primary need for me is groceries. Happily, Jan Beurskens has been my volunteer from the beginning and I hereby challenge anyone



Frank and Jan Beurskens

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Meet Richard & Jane Griffin

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college. He is consistently listed in “The Best Lawyers in America.”

Dick is known for serving as an outstanding community leader on behalf of minorities. Professionally, he successfully argued the landmark Buffalo Public Schools desegregation case so that children of all backgrounds could access the best education. He represented prisoners at Attica State Prison in the 1960s when they sued New York claiming the state failed to recognize the Nation of Islam as a legitimate religious group. With Malcolm X as his star witness (and a dinner guest at their home), he won victories to correct and prevent minority injustices. He views his work with Canopy of Neighbors as an extension of this interest by helping minority residents in Canopy’s target neighborhoods. As a board member, he has worked primarily on fundraising and major gifts but has also been known to walk the streets and ring doorbells to stimulate interest in this organization. In his spare time, he is passionate about gardening. ■

Dorothy Got Your Goat?

There is an English story that owners of racehorses would keep goats in stables, with their steeds, to keep them calm before races. It was said that if a horse lost a race or was too riled up to perform well, someone would ask the owner if ‘someone got their goat?’

There must be truth to that as all of us were totally relaxed and content on the July 31st Canopy picnic at Dorothy Shaw’s West Valley goat farm. You couldn’t ask for a more tranquil setting with her charming stone cottage, tucked away in an enchanted woods beside a pond – complete with croaking frogs and Monet-inspiring lily pads.

Dorothy is a Canopy volunteer and for the day, she got her cute but shy four goats to volunteer to put up with us city slickers. Her two corgi dogs, Paley & Patti, camped by our sides to ensure everyone got turns at petting them.

We were delighted to see Dorothy’s quaint Harry Potter-esk home as well as her goats’ own log cabin abode. At her pond-side shelter, Dorothy fed us all a



wonderful picnic, including bison burgers and potatoes that were roasted over a wood fire. We also ate goat cheese, goat milk fudge and peach shortcake. To further enhance the atmosphere, there were fish in the pond, singing birds and an elusive Kingfisher. Even her hens were kind enough to send several of us home with farm-fresh eggs.

There’s magic going on there at Dorothy’s. It was a wonderful and unforgettable Canopy gathering that will be treasured by all of us. The most powerful magic, however, was Dorothy herself. She and her hospitality will continue to weave dreams for our souls. *Thank you Dorothy.*

To see a slide show of the event, go to our website at:

<http://CanopyOfNeighbors.org>

About Canopy of Neighbors

This newsletter is a publication of the Canopy of Neighbors in Buffalo, New York. Our mission is to give our members the practical means and confidence to remain in their own homes as they grow older.

United Way Designated Giving



Did you know that your regular contributions to the United Way can be designated for Canopy of Neighbors. Call the office

for more information, at 235-8133.



Canopy of Neighbors 2



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Super Star Volunteers

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to discover a more creative and satisfying procurer of fresh and prepared foods! Jan also brings household products that help me to follow a comfy daily routine. She is aware of basics and extras: deliveries include some untried or tasty food items (a fresh pomegranate) or a prepared roasted vegetable combination.

Our contact pattern is simple. Jan emails her possible shopping times. I email back my list which may include subscription refills from the store pharmacy. When my friend-and-shopper arrives, laden with groceries, I write a check. These visits are the highlights of my on-walker lifestyle. Occasionally, Frank Beurskens, Jan's husband, has solved problems with light fixtures, toaster ovens and faulty plumbing. What can I say? Everyone needs such good Canopy Neighbors.

Another Member's Story

After three days of major problems with our household's carrier service, no Wi-Fi service most of the time and more than three frustrating hours on the phone, we finally swore out loud and told our carrier how we felt. That's when we called Canopy of Neighbors for help.

In less than two hours we had Frank Beurskens here and one half hour later, we were totally back in service.

Canopy was wonderful. The system worked spectacularly for us. Our membership is truly worth every penny! ■

Canopy's New Health Education Program:

Minor Miseries: with Dr. Robert Seller

Robert Seller, MD, retired Buffalo family physician, has agreed to lead a series of conversations with the Canopy Community about the annoying/recurring/worrisome/discouraging health problems that often seem too minor for a doctor's visit. But they are major issues for us on the day or week that they strike: colds, headaches, constipation, diarrhea, transient muscle aches and pains, belching, bloating, flatulence. . . and more. He will help us understand why these things are happening, what remedies are available and when to seek a higher level of medical attention.

Dr. Seller retired from a distinguished career at the University of Buffalo Medical School, is Emeritus Professor of Medicine and Family Medicine, and former Chairman of the Department of Family Medicine.



He authored the relevant book, "Differential Diagnosis of Common Complaints."

This program will take place on selected Thursday mornings at 10:30 a.m. at the Canopy offices.

The first session for both Dr. Seller's program and for the Canopy Coffee Club will be on Thursday, September 18th. Dr. Seller's 10:30 a.m. session will address the subject, Minor Digestive Complaints. More dates and topics for these sessions will be available soon. As with all Canopy Educational Programs, volunteers, family and friends are welcome to attend. Call 235-8133 to reserve your place. ■

Out & About With Canopy

Join the regular Canopy fun with our members. On October 6th from 10 a.m. to 3 p.m. we will take an **autumn ride through the beautiful WNY fall foliage to East Aurora.** We will have **lunch in a local restaurant and visit the Vidler's 5 & 10 cents store.** Group size is limited so call early. Bring \$15 for lunch and additional funds for what you want to purchase at Vidlers.

The Canopy Coffee Club meets monthly on the first and third Thursdays from 8:30 to 10:00 a.m. in the Canopy offices (*location to be announced for 10/16*). Over coffee, fruit

and cookies, there is relaxed, welcoming and lively conversation about current issues. There is no charge.

Lunching With Canopy occurs on the second Tuesday of the month at Hamlin House for lively conversation and lunch. Lunch includes soup, sandwich, dessert and coffee or tea at the nominal cost of \$10. For reservations and additional information call the Canopy office at (716) 235-8133. Canopy transportation is available for all of these activities. Our activities nurture mutual understanding and respect. We are a community of neighbors supporting one another throughout the process of aging while remaining in our homes. ■



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Did You Know?

1. Currently, there are 90 Canopy volunteers.
2. For the first six months of 2014, our dedicated volunteers provided over 1,300 hours in filling member requests. *Thank You!*
3. Currently, Canopy has about 125 members and continues to grow.

Many thanks to our wonderful corporate sponsors who continue to support our mission and our community

