



CANOPY OF NEIGHBORS



SENIOR WISHES GRANTS JOE MASON A WISH!



Senior Wishes, a non-profit organization dedicated to honoring the lives of WNY's senior citizens through granting life-enriching wishes, recently granted a wish to

Canopy of Neighbors member, Joseph Mason. Canopy of Neighbors is proud to have partnered with an organization that further enhances our mission and spreads joy to worthy seniors!

Mr. Mason's wish was to visit his little sister, Minnie, in Florida, as he had not seen her in ten years. Senior Wishes provided Joe with air transportation for a one-week visit to stay with his sister. After returning from his trip, he said, "I loved it. Everything you all set up for me was just great. I didn't have to walk anywhere...they just took me". He was excited that he saw family he hadn't seen in over 50 years!

Senior Wishes' first wish was granted in March 2014, and since then the organization has been recognizing WNY's seniors in increasing numbers with the support of community members and corporate sponsors. The non-profit's mission is to foster respect

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MEMBER JOHN DAVIS

Volunteers and members of Canopy of Neighbors tend to be unique in so many different ways. John Davis is unique as a male member of Canopy where women members predominate. John is a delight because he's so multi-talented. He can enthrall you with his wealth of knowledge about retail business, or his experiences as an antiques dealer and collector, or as an artist. Before coming to Buffalo, John made his home in New York City for 30 years. He calls Manhattan a phenomenal location for the antiques business. Step into John's living space and you know he is a collector who knows quality.



Ask him about Vaseline glass or uranium glass in his collection. Ask him about the brilliant blue plates in his collection that are the result of the flow dye process. He is the popular music fan who sold a thousand of his CDs but couldn't part with the other two thousand. Ask him about the Birdseye maple chest, a favorite in his collection. He can tell you stories about the tourists who go to Chinatown to pick up antique treasures and find that they are all fakes.

After graduating from Dickinson College in Carlyle, Pennsylvania and majoring in English and psychology, he planned to teach English but discovered that he hated teaching. He earned

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WINTER 2017

Newsletter of Buffalo's Canopy of Neighbors



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OUT & ABOUT WITH CANOPY

FEBRUARY ~ APRIL ❖ 2017



COFFEE CLUB:

NOTE: Presentation change and Time change as of January, 2017 to 10:00 am

Thursday, February 23rd at 10 am- "Curtains Up With Kathleen Betsko Yale and Keith Elkins" – readings and Q & A

Kathleen Betsko Yale, actress/playwright/poet/teacher, a 20+ year resident of Buffalo, has acted On and Off-Broadway, in regional theater & on most of Buffalo's stages including Irish Classical & Kavinoky theatres. She has several Artie nominations & won 2 Arties including Artvoice's 2012 Career Achievement Award. Kathleen is a published, grant-winning dramatist, and her work has been produced on professional stages including Yale Repertory Theatre in CT, the Mark Taper Forum in LA & The Belgrade Theatre in Coventry, England, her hometown. One of her plays, "Johnny Bull", was adapted to an ABC Movie of the Week starring Colleen Dewhurst, Kathy Bates & Jason Robards; her screenplay for this film won the "The Luminous Award for Excellence" from the Women's Committee of The Directors Guild of America in LA. She is a 3-time winner of fellowships at the Eugene O'Neill National Playwrights Conference & co-author of the landmark book "Interviews With Contemporary Women Playwrights."

Keith Elkins, retired professor, author and actor & Buffalo resident. Keith retired from Empire State College as a SUNY Distinguished Service Professor in 1997. He's since been a volunteer in support of children, working adults and seniors. A stage actor since 1997, he co-founded in 2006 and continues to be a member of the "Brainstormers," which is a group of older actors who volunteer their time and talent in creating and presenting to senior citizens skits that dramatize issues of concern to them. In 2011, at the age of 81, he started writing short stories. In November of 2015, he self-published a novel titled The Old Guy Goes.



FLÛTE À BEC (RECORDER FLUTE):

Join Canopy with our special teacher **Dorothy Shaw** and learn how to play the recorder. **Next class on on Tuesday mornings February 7, 14, 21, 28, March 7, 14, and 21 at 10 am.** No experience needed. Recorders supplied. **Free event.**



LEARN HOW TO GROW PAPER-WHITE BULBS:

Join us as we put together Paperwhite bowls, then learn how to care for the bulbs, and take home to have a bit of Spring in your home. **Thursday, February 16th at 10 am. Free Event.**



YOGA CLASS @ BAPTIST MANOR:

Chair YOGA to cultivate balance, strength, flexibility and tranquility. **MEETS EVERY WEDNESDAY AT 10:00.** For more information call the instructor *Athalie Joy* at 830-6900.

Free Event.



MONTHLY MOVIE:

Join us as we go to movies together. Movies are picked the week of the outing. Time and theater to be announced, **Feb 7, March 7 and April 4. Cost to Member.**



LUNCH @ HAMLIN HOUSE:

Enjoy lunch, tip, tax for \$10. **Tuesday February 18th, March 14th and April 11th at 1 pm. Cost to member.**



IRISH CLASSICAL THEATER:

Join us on for full dress rehearsal on: **Free Event. Curtain up at 7:30 pm. Ride pickups to start around 6:30 pm.**

The Seedbed - Thursday, March 9th

The Seedbed is a chilling family drama by the author of the hugely successful play The Cobbler. A middle aged couple welcomes their wayward 18 year old daughter home to celebrate their seventeenth wedding anniversary. Unbeknownst to her mother and stepfather, the daughter is accompanied by her new fiancé, who is the same age as her stepfather who has raised her since infancy. The wide age gap between the couple becomes the catalyst for a succession of increasingly volatile confrontations that shake the family to its core and sends them hurtling toward the inevitable revelation of an unspeakable family secret.

The Winslow Boy - Thursday, April 20th

In pre-World War I England, Ronnie Winslow, a fourteen year old cadet has been accused and expelled from naval college for stealing a five shilling postal order. His father, Arthur Winslow, believes his son to be innocent and, enlists the help of his suffragette daughter and a prominent barrister, Sir Robert Morton, to prove it. Together they begin a long and dramatic campaign to gather public support and win the right to have the case heard in the high court. A Broadway hit play, based on actual events, this compelling story of family honor and the pursuit of justice will ring true to all.

Hay Fever - Thursday, June 1st

Bring your love of laughter to the theatre, and Noel Coward will do the rest. The Bliss family has invited unsuspecting friends for a weekend of pure pandemonium at their posh country estate. Written in three days and based on the weekend parties of one of his acquaintances, Hay Fever, is the inspired result of Mr. Coward's comic genius. His gift to audiences is this timeless comedy of bad manners starring one of the most delightfully eccentric and poorly behaved families in the history of theatre.



To Larry, 716-235-8133. Rides are available by volunteers to all activities.

Please RSVP to all Events. More fun in the works! Watch your email.



FROM YOUR PRESIDENT

2016 was a very good year for Canopy of Neighbors on many different levels culminating at the end of December with a full page article in the Buffalo News' Saturday "Refresh" insert. The photo was just beautiful of Sasha, Bertha Rhone, Ginx Graves and Indira Kartha, M.D. I have a feeling that the

photographer did not have to work very hard to produce the joyful expressions on everyone's face. The information resulted in new members and new volunteers to Canopy and the word being spread even further into the community about us.

If the most recent Hamlin House lunches are any indication, we are connecting with one another and caring for each other and becoming a community. Twenty-one people came together at the January lunch and the buzz in the room and interactions were terrific. What are the chances that among 21 people there were two members, Camille Cox and Abbey Bernardis, who both were born in Canada to English speaking parents but lived in French speaking neighborhoods and both learned to speak French at an early age? And how about the people who had strong tastes for an authentic Reuben vs. those who chose a turkey Reuben? And when Dorothy Shaw started drumming up enthusiasm for her upcoming Recorder lessons, one of our members revealed she's owned a Recorder for years but never learned to play it! Topics ranged from the recent holidays to current events to what people enjoy doing with some sharing of photos thrown into the mix. As a recent New York Times article reported, a wave of new research suggests that social separation is bad for us. Individuals with less social connection have disrupted sleep patterns, altered immune systems, more inflammation and higher levels of stress hormones. One recent study found that isolation increases the risk of heart disease by 29 percent and of a stroke by 32 percent! Canopy is proud to help ease the isolation affecting one-third of Americans over the age of 65.

2016 set a record for donations to Canopy from individuals. An October fundraiser hosted by Jane & John Hettrick, Alex & Michael Montante and Dave Schutte at his new restaurant, Sear, allowed us to welcome new people into the Canopy family. Former members, Rev. Peter Bridgford and Belmore Bridgford, who relocated to Vero Beach, Florida, once again were very generous to Canopy. What is especially thrilling is that more than 150 people made contributions this year including many members (in addition to their annual fee) and volunteers (in addition to the many hours they so gladly donate). And, last week, Todd O'Geen, the manager of the Elmwood M&T Branch presented Canopy with a check for \$1,500 to help defray the cost of this newsletter. Other grants in 2016 came from the Patrick Lee Foundation for \$10,000, the Wendt Foundation for \$35,000, the

Josephine Goodyear Foundation for \$5,000 and the Evans-Devereux Memorial Fund for \$5000. And now a reminder that Canopy has 2 new categories of membership – a "Snowbird" membership, which allows you to fly south but be a part of our flock for part of the year, AND a "Social" membership which is tax deductible because no benefits are received from Canopy. Social members can attend all of the programs and gatherings of Canopy without the tax deductibility being affected.



And lastly, Canopy would like to pay homage to those members that we have lost in the past year. We are honored to have been a part of their lives and continue to think about them and their families.

Ann Clauss
Anne Forrester
Betty Eslick
Betty Ott
Charlene Caprino
Elaine Wolf
Eliza Ferby
Irene Wolasz
John Bozer
Martha Giordano
Mary Jean Downs
Myrna Lewis
Richard Heath
Sylvia Volk
Theodore Mills

May you all enjoy a happy, healthy and peace-filled 2017.

Gayle L. Eagan
PRESIDENT



We were fortunate to have ECC Occupational Therapy students hold 2 seminars for Canopy members that addressed “Adaptive Equipment Use in the Home” and “Energy Conservation for Daily Life.” Over 40 pieces of equipment were presented which allowed members to gain practical knowledge about small improvements to make their lives easier. The second seminar addressed simple ways to address falls in your home. It’s often as simple as de-cluttering but common mistakes include low lighting and lack of grab bars throughout your living space. Join us again in the fall when the students come back for free seminars that will help you stay safe and healthy in your home.



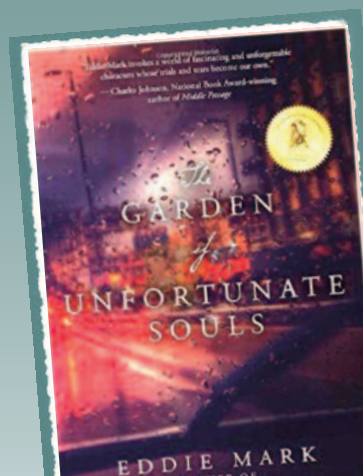
Our annual holiday cookie party provides an opportunity for members to socialize, sample homemade cookies and reflect on the past year.

Our Flute A Bec (Recorder Flute) lessons are run by a longtime volunteer, Dorothy Shaw, who enjoys passing along the gift of music to her students. It’s never too late to master the simplicity of creating a simple song and making beautiful music with others. Even though recorders are supplied to all our students, one of our members brought her own beautiful wooden recorder she had received years ago as a gift. She hopes to return the favor in the form of a beautiful song to her loved one.

In January, Canopy hosted speaker Eddie Mark, author of “Garden of Unfortunate Souls.” Eddie received the 2016 Phillis Wheatley Award for First Fiction, an honor presented for a debut work of fiction by an African-American writer. Eddie grew up in Buffalo, taught school, received two master’s degrees from Canisius and is currently a doctoral candidate in educational leadership and policy at the University of Toronto. Our members enjoyed excerpts from his novel and a lively and moving discussion on the book. A long Q & A session brought many thought provoking topics to light and we all left understanding each other and his work a bit better. He touched our hearts and minds with his semi-autobiographical work and left us eager to read his second novel.



Ex-board member Richard Griffin was featured on Ace Hardware’s Instagram page in December! Dedicated, as always, to helping others, Richard stocked up on sidewalk salt and shoveled and salted his way down the block and into the hearts of all his neighbors!



Joe Mason...continued from page 1

and appreciation for seniors through wish fulfillment.

Executive Director, Wendy Miller Backman, explained, "Senior Wishes was created to recognize that our aging seniors still have things they want to do, places they want to go, or people they want to see. We transform those dreams into a reality."

Other wishes granted to deserving seniors in Erie and Niagara Counties have included attending a Buffalo Philharmonic Orchestra performance; trips to Bisons and Bills games—with an upcoming Sabres game for an entire group of Veterans; painting, photography and swim lessons; makeovers; and museum tours.

According to Backman, "Social workers and caregivers frequently contact us to share a person's wish. Our volunteer Wish Granting Committee reviews the applications, approves the qualifying wishes, and assists us in making arrangements for a wish to be fulfilled."

The organization's goal is to reach even more low-income seniors in 2017, and will be hosting its 4th annual Sips, Suds & Sweets on April 27, 2017 to raise funds for wish granting. Corporate dress-down days are also a way businesses can contribute.

Senior Wishes, established in 2013 by the United Church Home Society (UCHS), is dedicated to honoring the lives of area seniors. Visit www.seniorwishes.org or call 716-508-2121 for guidelines and an application for a wish request. Canopy is extremely grateful to have been part of their most recent wish.



John Davis...continued from page 1

a master's degree in marketing at the University of Pittsburgh and moved to Cleveland where he was responsible for purchasing antiques for a department store. This job included buying trips to Europe four times a year as well as to Mexico where the cost of individual items was so low that it guaranteed a substantial profit. He always travelled with someone from that country to facilitate the communication.

He took a textile course at college that helped him judge quality of merchandise. He also took art courses and continues to paint today. Some of his paintings have the look of textiles. His favorite painting medium is acrylics but he also produces collages. He wouldn't touch watercolor even though materials are less expensive because he believes the medium is too demanding. He describes his work as contemporary and abstract. One of his memorable and moving collages is made up of fragments of office papers that flew from the World Trade Center on 9/11.

He became familiar with Buffalo when he worked as district manager for Lane Bryant, driving to the major cities in New York State while living in Rochester. He was transferred to New York City where he had the challenge of supervising 110 union employees. The business was located in the high traffic area of Fifth Avenue where a dress in their display window could sell 40 times just during the lunch hour.

He retired to Bloomfield Hills, Michigan where he lived in a condo with two friends. Unfortunately they died within a two year period and he had to settle their estates.

John enjoys the architecture of Buffalo. When he first came here, he would go out for a couple hours each day to explore different sections of the city. This is his fifth winter here. He joined Canopy in March and finds it is perfect for this time in his life.

— Marian Deutschman

Welcome...

A warm welcome to our newest Canopy of Neighbors members. They join a growing group of individuals who are enriching their lives through Canopy.

Delight Dann
Tom Hayduk

Beatriz Rodriguez
James and Joan Smith

ECC OT DEPARTMENT ENERGY CONSERVATION TIPS

The goal of Energy Conservation is not to change what you do but how you do it!

Tip#1: Balance Rest and Activity – When working or engaged in leisure activities be sure to take periodic rest breaks before you feel tired. DO NOTHING while resting to insure psychological as well as physiological rest. This is an effective way of increasing your endurance and preventing exhaustion.

Tip #2: Plan and Analyze – Before beginning a task ask yourself the following questions:

- Is this task necessary?
- Can it be simplified?
- Can someone else do it?
- In what order will the steps be most efficient?

Always plan ahead to avoid unnecessary steps and to increase efficiency.

Tip#3: Pace – Don't do everything in one day; spread chores throughout the week.

- Recruit help when available
- Reallocate strenuous chores if possible
- Determine best time of the day or week for big jobs;
e.g. grocery shopping
- Alternate heavy with light chores

KEEP IN MIND: Applying the principles of Energy Conservation to your daily activities can improve your quality of life and create a surplus of energy for adding more fun activities to your life.

Submitted by ECC Occupational Therapy Assistant Program, ECC North Campus, 6205 Main Street, Williamsville, NY 14221

Occupational Therapy Assistants help people achieve and maintain independence in everyday situations. It is a profession that focuses on helping people do important and meaningful activities.

MAKE A STATEMENT ABOUT YOUR VALUES WITH A

Legacy Gift

Do you need a Will? Does your existing Will need to be updated?

A Will is a document containing an individual's intentions and wishes as to how property and assets will be distributed. Your Will can:

- Carry out your personal goals
- Carry out your philanthropic goals
- Ensure that those you love are taken care of the way you wish
- Leave a meaningful gift that lives forever

Did you know, without a Will to specify your wishes, your assets will be distributed according to the laws of New York State?

Planning is important in providing for those you love and the organizations you care most about (like Canopy of Neighbors). For further information contact your attorney.

As we begin 2017, include reviewing or drafting your will. It's the wise thing to do.

Thank you for your thoughtful consideration.

BECOME A CANOPY VOLUNTEER

Make A Difference In Someone's Life, Including Your Own

VOLUNTEERING AT CANOPY IS AS EASY AS:

MEETING

staff at a brief orientation

CHOOSING

assignments that meet your schedule through email blasts

CONFIRMATION

of request

INTRODUCE

yourself to the member and get more details

"ENJOY THE RIDE"



CANOPY OF NEIGHBORS

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This newsletter is a
publication of
Canopy of Neighbors, Inc.
in Buffalo, New York.

CALLING THE BUSINESS COMMUNITY

Join our current corporate sponsors and support the mission of Canopy of Neighbors. Whether it is sponsoring our programming, underwriting our community newsletter or volunteer recruitment, every sponsorship is important. Whether your business is large or small, each sponsorship provides meaningful support to assist Canopy of Neighbors in creating new pathways to aging well and aging independently in community.

For further information call 235-8133.

Our Mission

Canopy of Neighbors creates new pathways to aging well and aging independently in community.

CORPORATE SPONSORS

Our special thanks to these corporations for their continued support of Canopy of Neighbors, our mission and our community.



Catholic Health
Home & Community Based Care

Lumsden
McCormick
CERTIFIED PUBLIC ACCOUNTANTS

M&T Bank



United Way Designated Giving

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

Call our office for more information at 235-8133.