



CANOPY OF NEIGHBORS

WHAT MATTERS TO ME



Note from Executive Director, Sasha Yerkovich: We are extremely fortunate

to partner with many organizations striving to improve the lives of older adults through education, communication and outreach. This presentation, courtesy of the Health Leadership Fellows, took place at a Canopy Coffee Hour in January and resonated on so many levels that we felt the need to share the information on a broader level.

Everyone should have a New York State Health Care Proxy to name someone to serve as Health Care Agent and name a second or even a third person to serve in case the primary agent (or 1st back up agent) cannot serve. You can get the form at your doctor’s office or from the New York State Department of Health. Many people also sign a “Living Will”, generally at their lawyer’s office.

It is most important that you talk to the person or persons you name in your Health Care Proxy about your wishes, especially the use of a feeding tube or hydration when you no longer have the capacity to appreciate life and to know your loved ones. Your Health Care Proxy form should state that your Agent knows your wishes with respect to artificial nutrition and hydration. Otherwise, the Agent will not be able to withhold or withdraw such treatment even if the Agent knows it is what you would want if you could speak for yourself. These are hard decisions for anyone to make so talking about your wishes while you are not in a crisis will make is much easier for your Agent if the time ever comes where he or she needs to act on your behalf.

Sharing preferences about funeral arrangements, such as what song should be

played, can be comforting. However, these decisions do not impact the quality of life or end-of-life experience a person has during their last months, weeks or days of life.

There is a perception that dying is like a line in the sand - one moment you are alive and well, the next you have moved on. In reality, the dying process may last months and even years. It is important to think about and discuss what that time looks like and if it is being spent in keeping with a person’s values.

We live in a time of great medical advancements. The list of potential treatments and life-sustaining measures is endless. Reliance on machines to extend life

The conversation is less about death and more about how a life is lived until the very end.

a few weeks or months might not be how someone wants to spend their remaining time on earth. Others may feel it is important to take advantage of all life-sustaining op-

tions available. Knowing what a person values helps narrow the treatment options and ensure decisions are made in alignment with the person’s wishes. The conversation is less about death and more about how a life is lived until the very end.

An additional benefit of these conversations is providing family members an explanation of how and why decisions are made. It is not unusual for families to disagree or for individuals to experience feelings of guilt when they are not confident that they honored their loved one’s wishes. These family conflicts and/or feelings of guilt may last for years. Having a strong understanding among family members prior to a crisis or end-of-life experience allows quality time to be spent with the individual who is passing away and not in contentious discussions.

SPRING 2019

Newsletter of Buffalo’s Canopy of Neighbors



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OUT & ABOUT WITH CANOPY

SPRING ❖ SUMMER ❖ 2018

ongoing events



COFFEE HOUR

Join us for our monthly Coffee Hour featuring speakers and thought provoking conversation. Coffee Hour is held at 805 Delaware, in the library, at 10am. Please RSVP! **Free Event**

Thursday 4/18 COFFEE HOUR

Daemen College Nursing students will present valuable information about maintaining mobility in your daily life. Mobility is the joy of moving freely and easily. Healthy muscles, bones and joints allow us to perform all types of movements – from everyday tasks to enjoying our favorite hobbies. The program will have an emphasis on improving balance and strength.

Thursday 5/23 COFFEE HOUR

Professor Drew Kahn, professor of theatre and director of the Anne Franke Project, will share the power of stories as a vehicle for community building, conflict resolution and identity exploration. The audience will be taken to the east African country of Rwanda, where their remarkable post genocide recovery can be directly attributed to their stubborn commitment to rewriting their story. These lessons learned in Rwanda over the past decade are reflected and shared locally in Buffalo Public Schools. Professor Kahn looks forward to sharing these lessons with Canopy of Neighbors.

IRISH CLASSICAL THEATER



Join us for a full dress rehearsal.

Thursday 4/25 - Hamlet

Thursday 6/6 - Entertaining Mr. Sloane

Curtain up at 7:30 pm. Ride pickups to start at 6:30 pm. RSVP at least one week in advance of the performance, 716-235-8133. **Free Event**



JEWISH REPERTORY THEATRE

Join us for an evening of live theatre.

Wednesday 5/8 – Looking Through Glass

Curtain up at 7:30 pm. Ride pickups to start at 6:30 pm.

RSVP at least one week in advance of the performance.

Free Event



LUNCH AT *Chef's* RESTAURANT

Join us at Chef's for our May monthly Canopy luncheon. The luncheon will be held on Tuesday 5/14 at 1pm.

Please let us know if you are coming and/or need a ride when you RSVP.

The cost is \$18, all inclusive.

The June luncheon will be held at Hamlin House.

In July and August, we will enjoy Ice Cream at Parkside Candies instead of lunch.



CURRENT EVENTS WITH KEITH ELKINS

Join us for our popular bi-monthly current events discussion.

We meet on the 1st and 3rd WEDNESDAY of each month at 805 Delaware Ave., in the library from 11-12 pm.

Please notate scheduled spring and summer Current Event dates which take into account holidays:

4/3, 4/17, 5/1, 5/15, 6/12, 6/26, 7/17, 7/31, 8/14, 8/28.

Please RSVP! **Free Event**



MONTHLY MOVIE

Join us as we go to the movies together. Monthly movie is the FIRST TUESDAY of each month. We take a break for the summer and resume in September. Movies are picked the week before the outing. Time and theater to be announced.

Monthly Movie dates are: 5/7. Please RSVP! **Cost to member.**



MINDFULNESS WITH MARIA KAHN

Join us for our monthly Mindfulness program. This exciting program will be held every first Thursday of the month, Maria will help us uncover useful tools to de-stress and return ourselves to a productive state of calm and ease.

It will be held at 805 Delaware in the library at 11am.

Please notate scheduled Mindfulness dates, taking into account holidays: 5/2, 6/6, 7/11, 8/1. Please RSVP! **Free Event.**



YOGA CLASS @ BAPTIST MANOR

Come to Chair Yoga to cultivate balance, strength, flexibility and tranquility.

Yoga meets every WEDNESDAY AT 10:00 am.

For more information call the instructor,

Athalie Joy at 830-6900. **Free Event**

Luncheon



LUNCHEON @ HAMLIN HOUSE

Enjoy our monthly luncheon at Hamlin House. Lunch is held the SECOND TUESDAY of each month.

The scheduled luncheon dates are: 4/9, 6/11.

Please RSVP! **\$12 cost to member and includes lunch, drink, tip & tax**



to 716-235-8133

Rides are available by volunteers to all activities. Please RSVP to all Events

OUT & ABOUT WITH CANOPY

SPRING ❖ SUMMER ❖ 2018

ongoing events



PARKSIDE CANDIES ICE CREAM SOCIAL

Join us for an ice cream social on Tuesday 7/9 and Tuesday 8/13.

The ice cream social is at 1pm.

Please RSVP ~ Parkside is a Canopy favorite!

Cost of ice cream to the member.



MISS BUFFALO CRUISE

Enjoy an afternoon on the water on the Miss Buffalo!

Date & Time: Friday 7/19 at 12:30-2:30pm

Rain date: Friday, 7/26

Please RSVP!

Cost of the event to member is the cost of admission and refreshments.



Albright-Knox Art Gallery Private Tour

Join us for a docent led tour of portions of the Albright-Knox collection.

The tour begins at 1pm.

Date & Time: Wednesday 6/19.

Please RSVP! **Cost of the event is \$6.**

RSVP to 716-235-8133

Rides are available by volunteers to all activities. Please RSVP to all Events.

Please cancel all reservations if you know you will not be attending an event.



FROM THE EXECUTIVE DIRECTOR

It's time for America to change its attitude about aging. It's time to come face to face with the fact that aging is misunderstood in America and that these misperceptions create obstacles to productive practices and policies. ** It's time to change the face of aging.*

Canopy of Neighbors is one of hundreds of villages nationwide whose goal is to help people age well and age independently in their communities. Changing demographics, increased longevity, negative effects of social isolation, transportation deficits – just to name a few – have forced communities to come up with direct impact, grass-roots solutions to supplement existing supports available to older Americans.

Many of us in the field of aging have come up against biases and outdated notions that prevent meaningful social change. It's time to tell a different story – a common story – because sharing stories is part of what it takes for a movement to drive major and meaningful social change. To that end, Canopy is launching a photo/story project titled, *“Changing the Fact of Aging.”*

Through the clarity of Missy Kennedy's portraits, and Maria Scrivani's uplifting interview with members and volunteers, Canopy will unveil a photo/storytelling exhibit on May 9th at the Burchfield Penney Art Center. Following our inaugural presentation, we will appeal to community partners who may be interested in hosting our traveling exhibit and continuing the conversation. Updates will come via our website and Facebook page. A limited-edition companion book will be available to further our storytelling project locally and nationally.

This project is not about Canopy of Neighbors. It's about a group of people recognizable in communities across the country, in your own home and even in the mirror. In the true parlance of this initiative, it's not about all of “them,” it's about all of “us.”

It's time to:

- **Innovate** dignified and person-centered approaches as to how to age in place with all that it entails
- **Engage** community partners in new conversations and alliances for mutual benefit
- **Listen** to the needs of an increasingly larger population because the consequences of not listening are shared across society and not limited to the individuals or families experiencing them.
- **Change the face of aging!**

Call 716-235-8133 to join us!

Sasha Yerkovich

**Framing Strategies to Advance Aging and Ageism as Policy Issues, Frameworks Institute, 2017*

* Interested in our programming?

* Interested in transportation to medical & social appointments?

* Interested in volunteer help?

Join our Village.

Call for membership rates based on income.

716-235-8133

Holiday Party

Members and volunteers enjoyed our annual holiday party which culminated in a special performance by the a cappella group, The Semachords, from Buffalo Seminary.



Mindfulness with Maria Kahn

Our continuing series led by expert, Maria Kahn, draws members, guests and volunteers to Canopy for a healing and empowering opportunity to learn and practice Mindfulness.



It's Time to Have the Conversation

Canopy was joined by the Health Leadership Fellows, and the Brainstormers, for an empowering presentation that led us through ways to share your healthcare wishes with your loved ones.



Memory Care

Tricia Hughes from the Alzheimer's Association joined us for coffee hour with an informative mix of signs, tips and facts regarding memory care and retention. The Alzheimer's Association is a phone call away if you need support for yourself or a loved one.



What Matters to Me...continued from page 1

Because of our professional and personal experiences, we believe meaningful conversations lead to a life lived that is consistent with an individual's values, no matter who is making the decisions. We are committed to supporting community members so they feel comfortable initiating these critical conversations.

On January 24th, in partnership with Canopy of Neighbors and the Brainstormers, we hosted a community event to discuss the value of having meaningful conversations with your loved ones and families about your health care preferences. The Brainstormers performed a skit entitled, "What Matters to Me," and then attendees participated in a lively discussion facilitated by a team of professionals, including one of Canopy of Neighbors co-founders, Gayle Eagan.

By creating an interactive program with an entertaining format, we hoped to 1) make advanced care planning more approachable and 2) provide resources and knowledge-sharing so people would initiate these conversations with their loved ones.

Of approximately 40 attendees, most people indicated they had a healthcare decision maker/proxy in place. However, only 10 people reported feeling confident their health care proxy understood their wishes. Nearly all attendees reported the event gave them increased confidence in their ability to initiate these conversations with others. A major-

ity (80%) also felt an increased sense of urgency to initiate the conversations with others. We hope you will feel inspired to do the same.

Comments from attendees included: "Even though I have been through these discussions, the theatre presentation helped me to remember issues that I had forgotten as well as realize where some of the difficulties in the conversation arise from." We also heard it was "Good info provided in an easy to receive format. Sense of humor helps!"

This event at Canopy of Neighbors, open to all their members, was meant to start the conversation about what matters to you. We challenge you to start the conversation with your family, your doctors and those that matter to you. Although there are many excellent resources on this topic, we draw your attention to The Conversation Project and their informative articles covering a wide variety of topics.

A special thank you to Sasha Yerkovich, the Brainstormers theater group, and the members of Canopy of Neighbors for their partnership and commitment to the project.

By Renee Cadzow, Jane Mogavero, Jessie Mossop, Rebecca Newberry, and Saralin Tiedeman

(The authors are members of the Health Leadership Fellows, a program funded by the Health Foundation of Western and Central New York)

the conversation project

Advanced Care Planning and Health Care Proxy Resource List

The Conversation Project: is a community advocacy group focusing on the importance of discussing life values with caregivers and physicians. While the link below is direct to English version of guides, there are multiple language translations and additional information located at www.theconversationproject.org.

- **The Conversation Starter Kit:** Talking with your loved ones openly and honestly, before a medical crisis happens, gives everyone a shared understanding about what matters most to you at the end of life. You can use this Starter Kit whether you are getting ready to tell someone else what you want, or you want to help someone else get ready to share their wishes.
- **"How to choose a Health Care Proxy & How to be a Health Care Proxy" Guide:** In addition to having the conversation, it's important to choose a health care proxy – the person who will make decisions about your medical care if you become unable to make them for yourself. This user-friendly guide offers facts and tips necessary to make sound decisions about choosing, and being, a health care proxy.
- **Conversation Starter Kit for Families and Loved Ones of People with Alzheimer's Disease or Other Forms of Dementia:** This Starter Kit is specifically designed to help families and loved ones of people with Alzheimer's disease or another form of dementia who want guidance about "having the conversation." We appreciate the difficulty — and the importance — of having these conversations.
- **"How to talk to your doctor" guide:** After you've had the conversation with your loved ones, the next step is talking to your doctor or nurse about your wishes. Don't wait for a medical crisis; talking with your doctor or nurse now makes it easier to make medical decisions when the time comes.

FROM YOUR VOLUNTEER DIRECTOR



Our dedicated volunteers are the quiet, powerful engine driving the Canopy of Neighbors mission – without you, our mission, simply could not be met! As a group, our volunteers inspire, encourage and offer much needed emotional and practical support to our members. As I sit at my

desk reviewing the number of requests and hours of volunteer time offered each month, I am humbled by our volunteers' efforts and grateful that our work truly makes a difference in members' lives.

As Canopy of Neighbors grows, so does our need for new volunteers! We embrace varying skill sets, personalities, and schedules. Our volunteers engage by providing rides to medical and social appointments; sharing their skills by speaking at monthly coffee hours or teaching a class; helping members with grocery shopping and errands; simple technology help and so much more. Canopy makes volunteering easy because you engage only when your schedule allows and we appreciate even one hour per week! Consider choosing from member requests that coincide with your plans for the day and provide neighborly help to someone in need while enjoying the many perks of volunteering.

Volunteering has many benefits according to Help Guide.Org – volunteering connects you to others, allows you to impact your community, make new friends, broadens your support network, can have a profound impact on stress and anxiety, increases self-confidence, provides a sense of purpose and brings joy and relief to the those who receive the benefits of your kindness. For all those reasons and more please consider offering even a few hours a week/month to meet some new people and be part of Canopy's mission.

I can be reached at 716-235-8133 or wendy@canopyofneighbors.org.

With gratitude,
Wendy Fredricks
Volunteer Director

CATHOLIC HEALTH COMMUNITY BENEFIT GRANT HELPS COMBAT SOCIAL ISOLATION

"Canopy's programs have been like a lifeline for me. They are crucial to my remaining active and engaged with the community. Without those events, I don't know how long I would have been able to remain in my own home and independent. They just brighten my day." – Recent quote from Canopy member, age 84

Social isolation is defined as lack of contact between an individual and society. It differs from loneliness, which reflects temporary and involuntary lack of contact with others. Social isolation is a commonplace issue amongst older people. It is rarely caused by a single event but rather a combination of factors such as:

- Lack of accessible or affordable transportation
- Life transitions – loss of partner or friends, becoming a caregiver, retirement are a few examples
- Societal barriers – lack of opportunities to engage and contribute
- Lack of access – financial concerns

Social isolation has a real impact upon the individual as well as the community as it is associated with:

- Feeling lonely and depressed resulting in suffering poor physical and mental health*
- A higher risk of mortality in adults age 52 and older**
- An estimated \$6.7 billion added to Medicare spending each year***

Funded with a Community Benefit grant from Catholic Health, Canopy is able to offer a wide variety of educational and social opportunities that help combat loneliness and depression.

Canopy's membership includes social events such as outings, healing events such as Mindfulness training that help alleviate stress and contribute to positive healthcare outcomes, speakers who range from the educational to the entertaining, a current events group – and so much more. Canopy members are also a vital part of our volunteer network- whether assisting with office work, hosting one of our monthly events or providing member transportation. Volunteering is a wonderful way to get involved and stay active!

Canopy is grateful to Catholic Health for supporting Canopy's mission of creating new pathways to aging well and independently in community and helping us to fight social isolation. Please call our office for more information on joining us!

Carolyn Hahn, Development Director

*2009 National Institutes of Health paper based upon the National Social Life, Health and Aging Project

**April 2013 study published in the Proceedings of the National Academy of Sciences.

***2017 study by AARP Public Policy Institute and Stanford University

**Social
isolation...
differs from
loneliness...**

Welcome

New members

Georgia Pooley	Howard Rose
Lorna Peterson	Ginx Graves
Kathy Sharpe	Ruth Matthews
Barbara Gardon	Claire McGowan
Nancy Belfer	Marjorie Chisholm
Alison Johansson	Renee Joffe
Judith Alister	

Laura Chestnut	Eric Knerr	Greg Germaine
Marianne McGrath	Alyson Suwalski	Natalie Lana
Serena Guarino	Kimberly Peters	Susan Ritter
Carolyn Hahn	Anne Casper	Brittany Knights
Chelsea Shea	Lindsey Hanes	Bridget Moore
Brittany Knights	Jayne Rand	Sarita Stokes
	David Steuernagel	

New volunteers



CANOPY OF NEIGHBORS

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CONSIDER A TAX-FREE GIFT TO CANOPY...

Did you know that you can donate any part or all of your required minimum distribution (RMD), up to \$100,000 from your Individual Retirement Account (IRA) or other similar retirement accounts to a qualified 501(c)(3) charitable organization, such as Canopy of Neighbors, Inc., before 12/31/2019? The amount of your gift reduces the taxability of your RMD dollar for dollar, but, of course, it does not also qualify as a charitable deduction on your income tax return.

Certain restrictions and requirements must be followed when making this type of gift. For more information, please contact your IRA Administrator or Carolyn Hahn at 235.8133. Before proceeding, you should consult with your tax advisor to discuss your particular situation.

Our Mission

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

Support us when you shop

Buy your gifts and essentials at smile.amazon.com.

You shop.

Amazon donates.



amazonsmile

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

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