



CANOPY OF NEIGHBORS



VOLUNTEER, EDUCATOR, HOLIDAY HOST

How many men do you know who would look forward (with great enthusiasm) to preparing a full Thanksgiving dinner for 16 people? This was not a potluck but a complete dinner including several desserts. Gary Benson is that rare gentleman who also happens to be a volunteer for Canopy of Neighbors for over two years.



Gary is a Buffalo-born retired elementary school teacher. His wife passed away in 2010. At grief counseling sessions he learned that you want to get back in the "swing of things" by doing something for others. He heard about such activities through an RSVP booklet that led him to volunteer to deliver day-old baked goods to food pantries, senior centers, and other deserving locations for a few years. When he saw a segment on Channel 2 news about volunteering for Canopy of Neighbors he was the first person to respond. About once a week he enjoys driving Canopy members to their doctor, to errands such as the library, the co-op, the bank or a hair appointment. He usually sits and waits for the one or two hour time period enjoying a book or a conversation with the senior. He finds these sessions to be mutually therapeutic or what he calls a "two-way street" of satisfaction. For the last six years he

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has also been helping children in West Seneca with reading problems.

Gary has two sons and nine grandchildren. One son lives in Clarence and the other in Tennessee. He and his wife travelled throughout the United States and Canada but never made it overseas even though they had their passports. He has ventured more recently to Ireland and Iceland on a tour. He has always been a people person so he has gathered new friends on these trips. He says it's easy to become a hermit and get into a rut. Sometimes it takes effort to decide to venture into new situations. He feels that his wife would want him to be active. He and his wife met at Buffalo State College in a freshman biology class and married shortly after they graduated.

He describes himself as a very positive person who tries to find something good in everything. He loved Buffalo State, his 31-year teaching job in Orchard Park, and he loves his current activities. He also values his role as a link between those who have needs and those who can help. He recently connected a friend's knitting group with Canopy recipients who can benefit from the sets of gloves, scarves and hats that the group produces. It was important to him that his friend made the presentation personally. He is especially positive about Sasha as a leader and ambassador for Canopy as she expands what the organization does for its members and volunteers. He praises Kathy as the "backbone of Canopy by keeping volunteers lined up and everything going smoothly."

— Marian Deutschman

DECEMBER 2015

Newsletter of Buffalo's Canopy of Neighbors



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OUT & ABOUT WITH CANOPY

DECEMBER 2015 ❖ JUNE 2016

It's the holiday season with a new year closely following. Get your boots and coat on and join members, volunteers and friends at Canopy sponsored events. These outings are fun and a great way to chase those winter blues away.



CANOPY COFFEE: Coffee, and interesting speakers, social 9-10:30 a.m., 1st & 3rd Thursdays, **free** at Canopy of Neighbors offices.

Thursday, December 17th, *Home for the Holidays*, Father Bob Perelli will give us a lively introduction to Family System Therapy.



at 1 p.m. at Hamlin House. **Cost to member is \$10 inclusive.**

LUNCH: interesting conversation on the 2nd Tuesday of each month



COOKIES & HOT CHOCOLATE:

Join us and share your Holiday Traditions on Monday, December 14th at 10 a.m. This event is **free**. Enjoy a relaxing cup of hot chocolate and holiday cookies with fellow members,

Sasha, Kathy and Larry. Please RSVP by Thursday, December 10th at 1 p.m.

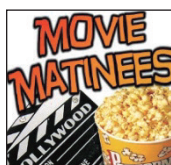


IRISH CLASSICAL THEATER:

Join us for full dress rehearsal on:
Thursday, January 14th for "All My Sons"
Thursday, March 10th for
"Fully Committed"

Thursday, April 21st for "The Yeats Project"
Thursday, June 2nd for "An Ideal Husband"

These dress rehearsals are free. Curtain up at 7 p.m. Call the Canopy office to reserve your seat.



TUESDAYS MOVIE MATINEES:

The 1st Tuesday of each month in the late afternoon. Time and locations to be announced. **Cost to member.**



YOGA WITH ATHALIE: Every Wednesday at 10 a.m. at Baptist Manor. Start your Wednesday off in a relaxing and peaceful way. This is a **free activity**. New members welcome!

CALL LARRY AT 235-8133 TO RSVP FOR ALL EVENTS.
Transportation is available for members to all Canopy events.



**Miss Buffalo Cruise, Writer's Workshop,
Teas of the World, Sari Event, and Lunch at the Goat Farm**



FROM YOUR PRESIDENT

Sasha, Kathy and I represented all of you at the Village to Village Network's annual conference in Seattle, Washington in October where we met with more than 350 "village" leaders and learned there are over 70,000 people in the U.S. and abroad who belong to groups like

Canopy and the number of villages in formation grows daily. Canopy continues to be at the forefront of the village movement and welcomes relationships with local government, community and business partners that will help us to continue to pioneer a new aging in community movement that benefits and strengthens Buffalo.

Inside Canopy: Did you know that last month Canopy volunteers provided more rides for members to social events than for all other purposes combined! Also, thanks to all of you being Canopy Ambassadors and the work of Sasha and our Membership Committee, 17 new members have joined in the last 7 months. Isn't it terrific that one of our Canopy members, Lynn Licata, rides weekly with a Canopy volunteer to Gates Vascular Institute where she volunteers her time! We love it that Canopy's world view has been expanded thanks to members, Indira Kartha and Akiko Baggs, who hail from India and Japan, respectively. Indira recently demonstrated how to wear a sari and Akiko led a group of us in creating origami cranes. Capping the international flavor of our gatherings, Janice Okun talked about Buffalo's transformation into a global melting pot of the finest cuisines from all over the world. For the last 6 months, willing members are treated to regular calls that start with, "It's Larry calling", as Larry Suttle checks to see that all is well, notes any special requests and highlights upcoming events! Out and about, the Canopy Culture Crawl included a Miss Buffalo trip up the historic Niagara River, dress rehearsals at the Irish Classical Theater, academy award winning (or nominated) movie going and treasure seeking Tiffany stained glass windows at such area churches as Buffalo's Westminster Presbyterian, Trinity Lutheran and St. Louis' Catholic and First Presbyterian in Lockport! And the best news of all, Canopy will celebrate its FIFTH Anniversary on February 28, 2016 - more to follow!

What often goes unnoticed, however, are the friendships developing among all of us under the Canopy which, hopefully, brings us peace and joy as 2015 comes to a close. I would not be doing my job if I do not remind all of our readers that Canopy of Neighbors, Inc. welcomes your year-end contributions as we work to build our capacity in 2016!

Happy Holidays and a Happy and Healthy New Year to all!

Gayle L. Eagan
PRESIDENT

Our Volunteers

Thoughtful, Caring and So Very Helpful

Become a Canopy of Neighbors volunteer and join a wonderful group of individuals. Whether it is an hour or so, a week...or more, we will adapt to your schedule and you can reach out to make a difference in someone's life. Do you have time for a friendly visit, a cup of coffee with a member, participating in social outings, driving someone to a medical appointment or helping out in the Canopy office? So many choices to lend a hand and have a good time to boot.

We will be happy to email and/or mail you volunteer opportunities. You choose what interests you. For more information and to answer any questions, call or email Kathy at our Canopy offices at (716) 235-8133 or Kathy@canopyofneighbors.org.

TO OUR NEWEST VOLUNTEERS

This fall we have had three individuals join our merry band of volunteers. Our warmest welcome to Christine Collins Georger, Marcia Noto, and Ginger Spencer (who is also a member).



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.

THANK YOU

This year Canopy of Neighbors was strengthened through the support of these WNY charitable foundations, trusts and special funds. Through their commitment, Canopy continues to empower individuals to live independently while enriching our community. Thank You.

Evans-Devereux Memorial Fund
Josephine Goodyear Foundation
Patrick P. Lee Foundation
M&T Bank Foundation
John R. Oishei Foundation
Margaret L. Wendt Foundation

A SPECIAL NOTE OF THANKS

As 2015 comes to a close, we thank these five corporations for their generous support.

Jaecle FLEISCHMANN & MUGEL, LLP
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McCormick**
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Catholic Health
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CANOPY OF NEIGHBORS

805 Delaware Avenue
Buffalo, NY 14209-2005

Email: Info@CanopyOfNeighbors.org

Phone: (716) 235-8133

Web: www.CanopyOfNeighbors.org

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

*Year
End
Gifts...*

It is not too late
to make a contribution

to the 2015 Canopy of Neighbors Annual
Fund. Your continued support of our
community allows our members to stay
in their homes.

We also provide transportation,
entertainment, events, trips and
educational programming due to
your generosity.

NEW MEMBERSHIPS AVAILABLE

Have you considered joining Canopy? We are introducing two new types of memberships that may fit your life style:

Social Membership which has tax deductible membership fee.

Snowbird Membership which allows you to fly south but be a part of our flock for part of the year.

Welcome...

WE WELCOME OUR NEWEST CANOPY MEMBERS:

Babs Conant

Camille Cox

Ann Goldsmith

Richard Heath

Murray Levine

Dianne Rubin

Ginger Spencer

Ruth Stockton

Our Mission

Canopy is a community of individuals empowering each other to live independently and enriching the wider community by sharing our wisdom, experience, energy and friendship.