



CANOPY OF NEIGHBORS

DOROTHY SHAW *Volunteer, Musician, Teacher*



If you like cribbage, dogs, goats, chickens, the State of Virginia, and the woodwind musical instrument called the recorder, you have a lot in common with Canopy volunteer Dorothy

Shaw. I might also add that she is curious and “wants to know about everything.” Until recently she never let two years go by without taking some kind of course. She volunteers with Canopy when needed, during the four months of the year when she lives in Buffalo. From April through November she lives in the country, in “suburban” Ashford Hollow at the foot of Griffis Sculpture Park where she has three goats, three chickens, one dog, one cat, a trout pond or two, and lots of frogs and turtles.

***She loved
being a
therapist,
spending
37 years in
the field***

Her goat farm is a busy place with a recent picnic, lamb roast and other activities with her many friends. She describes herself as a fighter who firmly believes that “you use it or lose it” and after a long career as a physical therapist she believes that she is very lucky to have been born with a good set of genes. She is originally

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THIS CHAIR ROCKS: A MANIFESTO AGAINST AGEISM

Author - Ashton Applewhite

In addition to our new Canopy Book Club, we have included this book review. From time to time we will include book reviews, opinion columns and national papers on the changing perspectives, preconceptions and institutions of aging. The editor:

Ageism is defined as stereotyping and discriminating against individuals or groups on the basis of their age. Stereotyping makes assumptions that all members of a group are the same. **Ashton Applewhite, author of “This chair rocks: A manifesto against ageism,”** makes a strong case that we age in different ways and at different rates. She quotes internationally known geriatrician Robert Butler who said that ageism is a combination of prejudicial attitudes toward older people, old age, and aging itself that encompasses practices and policies that perpetuate stereotypes. Prejudice leads to self-hatred that takes many forms such as a widespread effort to pass for younger. The goal is to stay healthy not to stay young. Aging is not a disease.

In the twentieth century, the American lifespan increased by thirty years. Some call this demographic shift “global wrinkling” that causes anxiety. Some demographers call it a “gray tsunami” that is sweeping the

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SEPTEMBER 2016

*Newsletter of Buffalo's
Canopy of Neighbors*



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OUT & ABOUT WITH CANOPY

SEPTEMBER ~ DECEMBER ❖ 2016



BOOK CLUB: hosted by Ruth Keating. Book choice offers an easy classical read that everyone will enjoy! Join us for our first gathering to discuss the book and details.

Book: To Kill a Mockingbird By Harper Lee
First Meeting: Wednesday, October 5th at 10 am
Place: 805 Delaware at Canopy office
6-8 person minimum to have club. Free Event



COFFEE CLUB:
The 1st and 3rd THURSDAY of each month at 9 am at Canopy in the library.
Free Event

Oct. 6th: Anne Goldsmith, Poet
Oct. 20th: Marla Bujnicki,
Forest Lawn Cemetery Stories
Nov. 3: Judge Eagan, City Court Judge
Nov. 17th: Angela Keppel, Learn about Buffalo Streets and their names
Dec. 1st: Cookie Social (no speaker) at 10 am.
Dec. 15th: No Coffee Club this week/Off for Holidays
Jan 5th: No Coffee Club this week/Off for Holidays



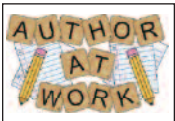
YOGA CLASS @ BAPTIST MANOR:
Chair YOGA to cultivate balance, strength, flexibility and tranquility. **MEETS EVERY WEDNESDAY AT 10:00.**

For more information call the instructor *Athalie Joy* at 830-6900. **Classes resume October 12th. Free Event**



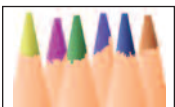
ORIGAMI:
Join us as we continue to learn the art of Origami hosted by Canopy member

Akiko Baggs. Wednesday, October 19th at 10 am at Canopy. Free Event



MEMOIR WRITING:
with Dianne Riordan, author of "The Names of My Mothers". Explore writing down your own life story. Bring your

memories, ideas, and observations to share and transform into words that will surprise you. **Wednesday: Oct 26th, Nov. 9th and Nov. 16th. Free Event**



COLORING CRAZE:
Coloring provides a lot of the same benefits as a mindfulness practice. Many studies have shown the benefit that mindfulness has for brain health. Coloring is a fun activity which may help keep your brain healthy and young! **Wednesday, Dec. 7th at 10 am at Canopy. Free Event**



2ND ANNUAL HOLIDAY COOKIE SOCIAL:
Join us for cookies, hot chocolate and great conversation on **Thursday, December 1st at 10 am at Canopy Office. Free Event**



FLÛTE À BEC (RECORDER FLUTE):
Join Canopy with our special teacher **Dorothy Shaw** and learn how to play the recorder. **Coming in January on Tuesday mornings.** No experience needed. Good for your health and to pass time. Recorders supplied. **Free event.**



PIERCE ARROW MUSEUM:
Join Canopy as we explore the history of automobiles on **Thursday, October 13th.** Doors open at 11. \$10 per person admission at member cost. **Self-guided tour.**



MONTHLY MOVIE:
Join us as we go to the matinee together. Movies are picked the week of the outing. Time to be announced. **Cost to Member**

Oct. 4th, Nov. 1st, Dec. 6th.



LUNCH @ HAMLIN HOUSE:
2nd Tuesday of each month @1:00.
\$10.00 ALL INCLUSIVE.
Next dates: **October 11th, November 8th, and December 13th**



IRISH CLASSICAL THEATER:
Enjoy an evening at ICT with their full dress rehearsal on: **Free Event**
Curtain up at 7:30 pm. Ride pickups to start around 6:30 pm.

Equus October 27th

This modern classic won two major Best Play awards, a Tony and a New York Drama Critics Circle. This riveting and enduring play is something of a psychological thriller as a middle aged child psychiatrist strives to reveal the true motivation behind a shocking action committed by a teenage boy under his care, while at the same time desperately trying to understand his own disillusioned life.



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

Some members walk, others ride bikes or come by car - all to enjoy Canopy's lunches in the front parlor of Buffalo's historic Hamlin House on Franklin Street near Allen Street the 2nd Tuesday of each month. The lunches give us the chance to share a meal and share ourselves with each other. As an

opener, Canopy's Co-Founder, Liz Schreier, our penultimate Canopy cheerleader, usually invites everyone to go around the room and, by way of an introduction, say something about themselves. This month, even before Liz had the chance, there was a buzz in the room rising from each of the 3 tables. With Liz' urging, everyone had the chance to share a tidbit from their lives or to tell everyone how they happened to join Canopy as a member or volunteer (or as both) or to comment on an event. We were all able to meet one of our new volunteers, Sue Pilon, and her passenger, one of our newer members, John Davis, a well known New York City artist who has chosen to retire in our golden city. They were sitting with Gene and Mary Buell who had just joined Canopy and were game enough to jump right in and come to lunch. Anna Ventresca, one of our younger volunteers and a City of Buffalo firefighter told of being a gym buddy of her table mate and Canopy member, Akiko Baggs who, besides working out at the JCC, enjoys voice lessons training as a mezzo soprano! Camille Cox and Babs Conant told how much they love being part of the Canopy village and how they encourage others to join - true Canopy ambassadors! Daysi McGill shared her desire to lead a group of Canopy members to Cuba, her homeland, perhaps as early as next spring. In the meantime, she continues to market her beautiful embroidered works. I think you are getting the idea of the energy that invigorates us all at one of these lunches.

Just like StoryCorps, which recently stopped in Buffalo. Canopy's social activities give us all an outlet to build community by sharing our stories and actively listening to the stories of everyone else. Such gatherings make Canopy much more than a ride service because we are growing to care for one another in a way that minimizes our differences and enhances our common bonds. One fine example, who is member and volunteer, Joe Mason, demonstrates the giving traits of our Canopy volunteers as he regularly carries groceries for several of the other tenants at Trinity and takes on other tasks which add to the sense of community at Trinity Towers.

As you can see, our monthly lunch at the Hamlin House is just one more way in which Canopy of Neighbors fulfills its mission to create new pathways to aging well and aging independently in community.

Be a Canopy ambassador and tell all of your friends and neighbors about us.

Gayle L. Eagan
PRESIDENT



AGING WELL. AGING INDEPENDENTLY. THE CANOPY WAY

Over the past 10 years, the Village model has emerged as a leading model to support aging in community with over 340 villages in formation nationwide. Canopy of Neighbors is one of those villages.

The growth of our nation's aging population is well documented. The White House Office of Aging refers to the 78 million baby boomers that began to retire in 2012 as the "Silver Tsunami!" By 2030, those age 65 and over will represent 20% of the United States population.

Aging in community is the preferred choice of most people as it is often the most affordable and most available option. Communities are now seeking innovative, cost effective and sustainable solutions to supplement existing supports provided by aging services and health care networks. The Village model aims to strengthen a member's ability to age in the community.

To that end, Canopy of Neighbors looks to expand the conversations around aging and to create new pathways to aging well and aging independently in community. Age is a great equalizer and we look to connect a very diverse membership with service supports provide transportation, and social enrichment. Along the way, we hope our Canopy members and volunteers make new friends, stay engaged in civic opportunities and live fully realized lives.

Sasha Yerkovich

EXECUTIVE DIRECTOR, CANOPY OF NEIGHBORS

Canopy premier's a new book club

Hosted by Ruth Keating



"To Kill a Mockingbird"



Canopy's weekly Gentle Yoga

Hosted by Athalie Joy



Join us to promote your health and mental well-being at our "Gentle Yoga" to cultivate balance, strength, flexibility and tranquility. **MEETS EVERY WEDNESDAY AT 10:00 AM at Baptist Manor, 276 Linwood Avenue.** For more information call the instructor Athalie Joy at 830-6900. **Classes resume October 12th**



**Canopy members enjoy
excursions to a farm in
Ellicottville, the zoo,
Tiffany window tours
and more!**

**Join us for a writing workshop
and start your memoir,
enjoy fascinating lectures,
participate in book club
and more!"**

Transportation is an important part of Canopy's service support to members. It's also one of the most difficult issues seniors are faced with as public transportation can be costly and difficult to maneuver. With ample notice we provide door to door transportation by volunteers to doctor's appointments, chemotherapy, physical therapy, grocery shopping, hair appointments and more. And while getting safely where they need to go with the assistance of caring volunteers is crucial to our members, the ability to enjoy an outing or participate in book club, creative writing, origami classes, movie trips and more, is also crucial to mental and social well being. We are proud to provide a wide variety of events to feed your mind and your soul – which we provide transportation to.

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.*

Brenda Barrow
Eugene & Mary Buell
Livia Cammarano
Sandra Cookson
Anne Forrester

Doris Jones
Gerald & Barbara Kelly
James Martin
Olga Martin
Laila Melandinidis

Dorothy Shaw...continued from page 1

from Virginia. At 15, Dorothy came to Buffalo to live near her uncle who owned a paint company. Her father wanted her to become a musician. Her family was musical but she had to admit that they were a “horrible sounding” orchestra. She started playing the piano when she was four years old but when a friend’s daughter died of polio she decided that she wanted to be a physical therapist. She said there were fewer than a thousand physical therapists in the United States when she started and there were no men in the field. She earned a bachelor’s of science degree from Mary Washington College at the University of Virginia in 1941 and went on to the University of Buffalo graduate school for physical therapy.

Her career started at Children’s Hospital working six days a week and earning \$50 a month with no benefits. After six months, she moved from there to work in a Rochester public school program where her salary jumped to \$63 a week. She loved being a therapist spending 37 years in her field. She worked in a camp similar to Cradle Beach and for years was a department head at the March of Dimes. A scholarship took her to Warm Springs, Georgia. For many years, she worked in the Erie County Health Department and later became a New York State consultant surveying hospitals, long term care facilities and private therapy offices. Dorothy preferred working with patients and specialized in “failure to thrive” babies and stroke victims. She also taught at the University of Buffalo where she was director of clinical education. She arranged for weekend opportunities to introduce students to patients with severe developmental disabilities. These proved to be experiences that were especially moving for her as well. Another memorable experience occurred during the six months when she lost her ability to speak after having head and neck surgery.

Dorothy never married but she said she had her chances. She was engaged to a doctor but she chose a career instead of marriage and never regretted it. She loved therapy so much she would do it again. She added that he may have spoiled his chances when he was late for every date. She went to England last summer with a friend and is planning a trip to New England. She is one of about 20 in the American Recorder Society in Buffalo and teaches beginning recorder. She prefers early music from about 1750. That’s the only indication I have that she looks backward instead of forward. Otherwise her motto is “You gotta be a fighter. You go down more slowly if you fight,” as she refers to her ability to handle her own successful aging.

– Marian Deutschman

This Chair Rocks...continued from page 1

world. The author prefers to call it a “silver reservoir” that is unfortunately surrounded by institutions that were designed for a different population. Institutions haven’t caught up to the change. They need to take advantage of this vast resource of older (her preferred term). The conversation needs to shift from one about growing old to one about living long. It’s time to reject a fixed meaning to a specific age that can be limiting for a person. For example, doctors need to treat the person and not the age. Despite the fact that record numbers are living longer there are fewer geriatricians trained in the medical, social and psychological issues that affect older adults.



Ashton Applewhite/Photo by Adrian Buckmaster

The author suggests that we become an “old person in training” to rid ourselves of preconceptions while we peek at the terrain we’ll inhabit when we are finally old. She reminds us that it helps to focus not on what is lost but on what remains. We accept that our ability to multitask decreases and that we’re more easily distracted. The brain of a healthy older person can do almost everything a much younger brain can do although it takes a little longer. Research demonstrates that the brain continues to have the ability to make new connections, absorb new information and acquire new skills. It’s important to continue to challenge our brains, maintain social networks and exercise. A sense of purpose affects brain activity and helps to add to our mental reserve. As we age, our capacity to see circumstances as integrated wholes increases giving us more wisdom to make decisions. Keep in mind that only about 25 percent of our health is due to genes. Where we live and how we live has the greatest impact on age related changes. We know that staying physically active is crucial to good health in late life. The author warns you to avoid the “organ recital” that conversation that focuses on aches and pains.

The book is a positive approach to recognizing that there is a need to change perspectives, preconceptions and institutions from an attitude that discriminates, stigmatizes, or otherwise disadvantages older adults on the basis of chronological age.

– Marian Deutschman

CHALLENGING AGING WITH A NEW PARTNERSHIP

Canopy of Neighbors is excited to partner with the Erie Community College Occupational Therapy Assistant Program in an effort to effect cultural shift in the way we provide supports for the aging. On November 4th, the first of two groups of ECC Occupational Therapy students will conduct a seminar for Canopy of Neighbors members and volunteers on the best and safe practices in their daily lives as they journey through the aging process. This seminar is free for our members and volunteers.

Occupational therapy is a health and rehabilitation profession which utilizes meaningful activity as intervention to promote wellness and independence. OT practitioners use a holistic perspective which addresses the person, their environment and how they fit together. Occupational therapy practitioners help older adults to safely do the things they need and want to do.

One emerging and important area of occupational therapy is in prevention which includes working with individuals to support maintaining their independence and mobility. The students will be engaging in service learning to support Canopy members through various individualized experiences focused on improving their understanding of how to maintain their physical capabilities and sense of wellbeing.

Erie Community College Occupational Therapy Assistant Students will be working with Canopy of Neighbors, our members and volunteers as a component of their course of study to obtain their degree and certification.

Canopy welcomes our new partners and looks forward to creating new pathways to aging with ECC! For additional information and to answer any questions you may have, call the Canopy office at 235-8133.

MAKE A STATEMENT ABOUT YOUR VALUES WITH A

Legacy Gift

Please consider providing for Canopy of Neighbors in your will. It's as simple as putting the following in your will: I choose to leave _____% of my estate to Canopy of Neighbors, Inc., Buffalo, NY. Federal Tax Identification # 27-1007766.

Thank you for your thoughtful consideration.

DID YOU KNOW?

We Have Two Special Membership Categories

Are you considering joining Canopy of Neighbors? We have created two 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.

Interested? Our Executive Director Sasha Yerkovich will be happy to answer any questions you may have. Contact her at 235-8133

BECOME A CANOPY VOLUNTEER

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

Join a wonderful group of people. Whether it is an hour or so, a week...or more, we will work with your schedule. You can reach out to make a difference in someone's life.

Do you have time to drive someone to a medical appointment or help out in the Canopy office? Do you have time for a friendly visit, a cup of coffee with a member or participating in social outings? 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.

WELCOME NEW VOLUNTEERS

We welcome twelve individuals who have joined the ranks of our vibrant and active group of volunteers.

| | |
|---------------------|---------------------|
| Rosanne Burton | Emma Bianchi |
| Joan Sanford | Liz Hemenway |
| Carin Phillips | Amanda Babcock |
| Sandra Cookson | Elizabeth Rodriguez |
| Christine Smolen | David Plank |
| Jeffrey Fleischmann | Jillian Kotas |



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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.