



CANOPY OF NEIGHBORS



TOM HAYDUK – THE LUCKY MAN



Tom Hayduk says he is “lucky to be alive.” Many good things have happened to bring joy to his life but October 31, 2016 was not one of those happy days. On his way back from his brother’s re-

retirement party in Angelica, a driver in a SUV, travelling at 60 miles an hour, hit Tom’s car head-on and totaled it. Tom spent three months in the hospital followed by physical therapy and occupational therapy at home. He suffered a broken left leg, a broken pelvic bone, broken ribs, and trauma to his lower spine with a shattered lumbar region. He used a walker until this summer and a cane until a couple weeks ago. Although he no longer receives physical therapy, he takes therapeutic walks and does an array of stretching exercises to relieve pressure on nerves in his leg. Looking on the brighter side, he said he’s met many wonderful people as a result of that accident, including those in the trauma unit and in rehab at the Erie County Medical Center.

Tom’s friend recommended Canopy of Neighbors and he says it’s been a game-changer for him with the events, rides to appointments, and new friends. After his retirement in 2014 from his job of 15 years as a para-legal with Legal Services for the Elderly of Western NY, he began to resurrect his lifelong interest in producing works of art. The accident forced a hiatus to this plan but he shows the work he produced between 2014 and 2016, mostly landscapes done onsite. He hasn’t been able to carry all his gear and materials to these sites until he gains more

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DO YOU HAVE THESE SKILLS TO AGE WELL?

“I’ve walked for almost 80 years, so I guess I’ll ride for a while,” Denver resident Mary Halpin says, regarding her need for an electric wheelchair. “What I’m going through, no longer being able to walk, hasn’t been easy. But the reality is that’s where I am. I’m not finished having adventures in my life, so I have to decide, how do I do this?”

We all know aging can be hard. Or as the legendary Hollywood actress

**There’s no
doubt that
aging can
ask a lot...**

Bette Davis once tried to warn us, “It’s no place for sissies.” But have you ever wondered why some of us seem to roll a little easier with the punches?

Why Some Age Well Better Than Others

A recent study found that the life skills we learned, or didn’t learn, at an early age influence how well we navigate growing older. At University College London, research led by professors Andrew Steptoe and Jane Wardle considered specifically the effects that emotional stability, determination, control, optimism and conscientiousness had on aging and found that the more skills a person has, the more benefits they can bring in later life.

Which appears to explain Halpin’s attitude. But she also draws strength

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WINTER 2017 *Newsletter of Buffalo’s Canopy of Neighbors*



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OUT & ABOUT WITH CANOPY

WINTER ❖ 2017



PREVENTION- Maintain mind, body & mobility

Hosted by: ECC Occupational Therapy students

Both seminars are at 10am at 805 Delaware Ave. in the library.

Part 1: Using Adaptive Equipment to make daily life around your home easier. The program will include practical demonstrations.
Friday, Nov. 17th at 10 am. Free Event

Part 2: Retaining Brain Function: Participate in an interactive seminar in Memory Facilitation. Sharpen your memory and retain brain function. **Friday, Dec. 8th at 10 am. Free Event**



COFFEE HOUR

COFFEE HOUR starts at 10am at 805 Delaware Ave. in the library. Join us for thought provoking conversation & speakers with our Coffee Hour series. **Please bring a friend. Free Event**

Coffee ~ Murray Levine, JD, Ph.D., Author, Professor, Editor & Publisher: Nov. 30th. Join us as Dr. Levine discusses his first published fiction book, "New Beginnings".

Coffee ~ Marla Bujnicki, Buffalo historian & tour guide: Jan. 25th
Join us as Maria guides us back in time to experience the rich history of Buffalo & its hidden stories.

Coffee ~ Maria Kahn, Applied Mindfulness Specialist: Feb. 22nd
Join Maria in uncovering useful tools to destress and return yourself to a healthy, productive state of calm and ease.

Coffee ~ Keith Elkins – "Brainstormers": Mar. 22nd Hosted by Keith Elkins and his troupe of volunteer actors as they share their talent in creating and presenting skits dramatizing concerns of many seniors.



ANNUAL HOLIDAY COOKIE PARTY: Join us for festivities **on Friday, Dec. 15th at 10am** at 805 Delaware Ave. in the library. **Free Event.**

ongoing events



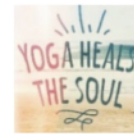
CURRENT EVENTS WITH KEITH

Join us for our popular bi-monthly current events discussion on the **1st and 3rd WEDNESDAY of each month** at 805 Delaware Ave., in the library from 11-12 pm. **PLEASE RSVP! Free Event**



MONTHLY MOVIE:

Join us as we go to movies together. Monthly movie is the **FIRST TUESDAY of each month**. Movies are picked the week before the outing. Time and theater to be announced. **Cost to Member**



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**

Lunch



LUNCH @ HAMLIN HOUSE:

Enjoy lunch, tip, tax for \$12. Must bring exact change. Lunch is held the **SECOND TUESDAY** of each month. **\$12 cost to member.**



IRISH CLASSICAL THEATER:

Join us on for full dress rehearsal, **Free Event**, on:

- THURSDAY, JAN. 18TH: THE CONSTANT WIFE
- THURSDAY, MAR. 1ST: THE NIGHT ALIVE
- THURSDAY, APR. 19TH: THE AWFUL TRUTH
- THURSDAY, MAY 31ST: LADY WINDERMERE'S FAN

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

RSVP in advance by the Monday before each performance to guarantee ride.

RSVP To Larry, 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 that you registered for.



FROM YOUR PRESIDENT

As November comes upon us, we start remembering all that fills us with gratitude. These past few months have brought some big changes in my life after my husband's sudden death the night of Father's Day. Having so many of Canopy members and volunteers reach out to me

has brought me and my family so much comfort. While I was not ready to be without Jim in my life, there are so many of you from whom I can learn to continue to love, laugh and live as I embrace "Option B". Speaking of Option B, Barbara and Harry Maynor gave me a copy of this book after Jim's funeral and I recommend it highly for anyone who suffers a loss or trauma or an abrupt shift in circumstances.

Some of you are receiving this newsletter for the first time because you and almost 200 other wonderful persons made a donation to Canopy in Jim's memory. I know that for many of you it was a one-time gift and for that we are very grateful. There may be others of you who are just learning about Canopy and may have been inspired by Jim's volunteering. We have many wonderful opportunities for volunteers if you would like to call the office at 235-8133 for more information. Some of you might want to keep Canopy on your annual list for your charitable giving because you see the value in the organization we are building to help us all live as long as possible in our homes as we age. Our village has proven to be a comfort, a necessity and an integral part of the community for many.

As to new beginnings, we are thrilled to welcome new

Volunteer Director, Wendy Fredericks. She joined our Board of Directors in 2017 and immediately began volunteering in Canopy's office. Her experience served her well when we had an opening and she has resigned from the board in order to become our new Volunteer Director. Make sure you stop in to see Wendy, send her an e-mail of "Welcome" or give her a call. She already knows many of us and is delighted to be part of the Canopy family.

In addition to the many donations made in Jim's

We invite everyone to become "Canopy Ambassadors"

memory in the last 4 months, we have also received a grant from the Josephine Goodyear Foundation, which will enable us to continue to offer discounted memberships to those members who meet the financial criteria. We are honored to be the recipient of monies that will help so many people in need.

Lastly, we welcome the participation of anyone who is interested in our board committees, especially, the Program and Development Committees. We invite everyone to become "Canopy Ambassadors" and ask your friends and family members to join Canopy as a member (over the age of 62) and/or as a volunteer (any age). Our office can provide information on both opportunities. Call and see how Canopy can contribute to your life as we celebrate those who have given so much to us.

May you have a wonderful Thanksgiving and holiday season.

Gayle L. Eagan
PRESIDENT

Tom Hayduk...continued from page 1

strength. He works in pastels and oils on paper using gesso to prepare the paper. He likes to produce diptychs and triptychs so that he can provide a panoramic scene for the viewer. He says he can't seem to commit himself to staying within a single frame.

His interest in art was fostered by a scholarship to a nine-week course at Chautauqua when he was a teenager. He was 18 years old, the oldest among the students, so they designated him the beer buyer. Although he was accepted at Pratt Institute and Cooper Union, two schools with very fine art programs, he was unable to find the funds to attend. Therefore, he enrolled at the less expensive Buffalo State College where he earned a bachelor of fine arts degree with a major in print-making. After college He worked as an apprentice for a print-making company, Landfall Press, in Chicago rising to journeyman printer on the litho stone. The oil embargo during the Carter administration became a problem for Landfall Press because of the rising cost of their petroleum based materials and consumers who were unwilling to pay the higher price of prints.

While in college he worked with a French chef at Mulligans on Hertel and for a year with the chef in his restaurant in

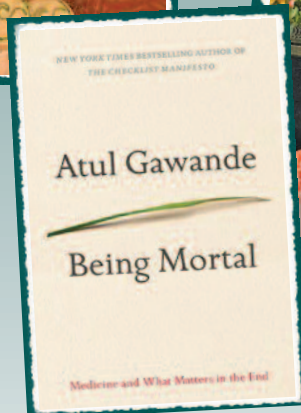


Laguna Beach, California. He returned to Buffalo in 1977 and became a produce buyer at the Lexington Coop for seven years. He had experience as a book binder in the days when the Buffalo and Erie County Library had a large department repairing and rebinding leather and paperback books. Tom had a studio over Jimmie Mack's on Elmwood while working at the Coop and taught a drawing class for five years at PeopleArt and a year in his studio. He also found an opportunity through Vocational Education Services to earn a paralegal associate's degree at Erie Community College. After graduating in 1998, he volunteered with the Volunteer Lawyer's Project and then worked for Legal Services for the Elderly and Disabled. He retired in 2014 when he felt he could no longer work at a pace that kept up with all the changes in technology and in Medicaid and Medicare.

Tom feels the values he learned through associations with community organizations has served him throughout his life and now he looks forward to returning to his art career and his artwork. He doesn't regret that he didn't earn an art education degree. Because as a committed teacher, which you have to be, he believed he would not do his own creative work. He does not regret earning a BFA. He understands Art informs his life and in that life, "you can't be fired from being an artist and creative work!"

Marian Deutschman

Volunteer Party



On September 25th Canopy celebrated the 15th Anniversary of the Village movement with a national livestream Q&A with Atul Gawande, M.D. renowned author of the seminal book "Being Mortal." Dr. Gawande is a supporter of the village movement and spoke about aging and villages to a national audience, including Canopy. Afterwards we celebrated our wonderful volunteers with a thank you event at Canopy which allowed us to give thanks for all that they do.

Ice Cream Social



Canopy members and volunteers enjoyed a beautiful summer day trip to celebrate the opening of Lake Effect ice cream on Hertel Avenue. Unique flavors and huge portions contributed to a delicious afternoon. We enjoyed it so much, we went twice this summer!

Current Events with Keith Elkins



On the 1st and 3rd Wednesday of each month, Canopy hosts "Current Events with Keith Elkins" that brings together a lively group for discussions on current local, national and international topics. Come join us for a thought provoking and enjoyable morning!

Congressman John LaFalce

Congressman LaFalce came and spoke to Canopy members at Coffee Hour in October. He shared remembrances of history making events under six United States Presidents – Presidents Ford, Carter, Reagan, George H. W. Bush, Clinton and George W. Bush. There were so many great stories that we only made it through three presidents! He'll be back for Part II in the spring. You won't want to miss this event.



Photo by Susan Buczko

MEMORY FACILITATION TIPS FROM ECC OCCUPATIONAL THERAPY

Benefits of social reminiscing:

- When one re-tells stories and memories it enhances emotions and communication between individuals
- Reminiscing and storytelling aid to develop new pathways within the brain
- Helps distract one from boredom and depression, which are common with individuals who are aging
- Individuals can connect and feel a sense of cohesiveness
- One's self worth and confidence may increase due to sharing memories of past

Tips for memory facilitation:

- Physical activity – for example, going for a walk around neighborhood to facilitate and maintain brain function
- Keeping to-do lists – keep these in places that you visit most often, for example, purse, kitchen, car; make sure to cross off tasks after they are completed
- Establishing routines – do things at the same time every day; for example, taking medication at the same time everyday
- Keeping a calendar – use an electronic or paper calendar to keep track of important events and appointments; check this a couple of times a day
- Keeping things in the same place around the home – put items in places around the home where you visit often, so you won't forget where they are
- Using associations – relating one new word/concept to another word/concept that you are familiar with.
Ex: remembering 3 objects you need from grocery store by relating these objects to familiar objects in your home such as, a bright red apple in a fruit basket in your kitchen.

Signs of memory loss:

- Individual may forget where they are and wander due to confusion
- One may forget what season they are in and have difficulty selecting appropriate clothing for the weather
- Individual may engage in non-purposeful repetitive behaviors
- Individual may have trouble communicating thoughts/ideas to others
- Frequent emotional outbursts for no obvious reason

By Amanda Babcock and Lauren Zehler, ECC Occupational Therapy Assistant Program at ECC North Campus
*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.*

Do You Have These Skills to Age Well? ...continued from page 1

from having strong role models. "I came from a long line of women who just kept going," Halpin says. "My grandmother lived into her 90s and kept gardening and listening to baseball games on the radio. My mother still worked at 90, but she changed when faced with some physical issues. She seemed to allow it to stop her and that really made an impression. I think I got it in my mind that I wasn't going to let that happen to me."

Honing Our Resilience

There's no doubt that aging can ask a lot – especially when we lose family and friends or develop physical and cognitive limitations. But according to Dr. Steven Southwick, professor of psychiatry at the Yale School of Medicine and deputy director of the National Center for PTSD, resilience is key.

"When we're faced with what aging can bring, even though we may feel threatened, if we believe we're capable and have the resources to deal with it, we can

interpret that threat as a challenge instead," he says.

Southwick agreed with his own mother, who warned him that aging wasn't for the faint of heart. But he says getting training for the skills we need is essential to successful aging. He offers these four suggestions for building up our resilience and aging well:

1. Be socially connected. As we get older, loneliness and isolation can be the result. We know now that the effects of those on our health can be as big as cigarette smoking, obesity or hypertension.
2. Have a purpose. People with a mission tend to be much stronger and more resilient. And our occupation or status in life doesn't matter. People who do the best with what they have are more resilient.
3. Exercise. It increases resilience both physically and emotionally, and the better cardio shape you're in, the better you can modulate your stress response.

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Welcome

New volunteers:

Timothy Caplin	Jeanie Hayes
Reid Heffner	Nancy Karp
Anne Perry	Amy Alvarez-Perez
Christina Joshi	Michael Collins
Jeannine Haak	Mary Jo Moran

New members:

Susan Buczko	Roberta Pendrick
Judith Castine	Carlene Schultz
Edward Feuerbach	Lorraine Stern
Julia Luongo	Edward F. Walsh
Eileen Monomakhova	Donna Wax

Do You Have These Skills to Age Well? ...continued from page 6

4. Practice mindfulness and meditation. Learning how to calm ourselves is a big part of resilience, and living in the moment decreases stress because we're not anticipating trouble.

Can We Learn New Skills as We Age?

Along with all those life skills, what about the insight we've gained and the lessons we've learned? Isn't one of the perks of aging that we get wiser and not just older every year?

Not necessarily, says Dr. Dilip Jeste, professor of psychiatry and neurosciences and director of the Stein Institute for Research on Aging at the University of California, San Diego. "One of the most important skills we can have at any age is wisdom, but it's not automatic. It's how we use our experiences in appropriate ways that comes with aging," he says. "That's how we become wise."

Wisdom is a complex trait comprised of several components, Jeste says. Those include having control of our emotions, being self-reflective, expressing positive social behavior towards others, the ability to accept uncertainty and having the capacity to make good decisions.

But if we're lacking in our skills by the time we reach this stage in life, is it too late to learn? The good news is that we can always change our behavior, according to Jeste, who says studies have found 25 to 35 percent of a trait is inherited, meaning that 65 to 75 percent of it is not.

The bad news? It doesn't mean we'll necessarily become better. "We can also go in the wrong direction, like becoming more rigid as we get older," he says.

Eat, Sleep, Socialize

But there's still plenty we can do to increase our chances of aging well. Although genetics play a part, Jeste says so does living a healthy lifestyle, being

socially connected, staying active, eating better and becoming more resilient.

He highly recommends taking part in intergenerational activities as well as keeping your brain challenged. But not to the level of stressful. "If you're someone who's good at, or enjoys, learning different languages, that could be a great activity," says Jeste. "But if you're not, you're just adding stress to your life."

Staying Busy, Staying Connected

Halpin seems to have this figured out. She continues volunteering at a weekly community meal for the hungry and mentoring college-age interns at the church she attends. She also goes to exercise classes and practiced with her physical therapist how to board the bus so she wouldn't lose her independence. She's still adapting to the wheelchair, but jokes about the bruises she's suffered learning to back up and take corners.

For this latest setback, she agrees it's a challenge, but not something she'll let get in her way. "I think disappointments are actually easier the older I get, because I try to enjoy where I am instead of thinking about what could have been or anticipating what might happen," Halpin says.

And she's also surrounded by family and friends. Which is good because it seems that aging is one activity better not tried alone. "We really do need each other," Southwick says.

It looks like it's going to take all the skills we can gather to navigate the ups and downs of life. So "fasten your seat belts," as Davis also once famously advised. Because even though the view is amazing, the road to growing older could get a little bumpy.

Debbie Reslock

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CANOPY OF NEIGHBORS

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in Buffalo, New York.

Leave A Legacy

*Have you ever considered a gift
in your will for Canopy of
Neighbors, Inc.?*

*A gift in your will takes a simple
designation and costs you nothing
during your lifetime. It's easy
and can be changed if you
change your mind in the future.*

*Gifts can come from anyone and
in any size...and every gift is
meaningful!*

*For additional information,
contact your attorney or call
Canopy offices at 235-8133.*

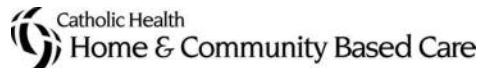
Thank You.

Our Mission

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

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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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