



CANOPY OF NEIGHBORS



KATHY LYNCH, MEMBER



Decades ago, Kathy Lynch's mother told her to "slow down that mind" as she pursued piano, violin, art lessons and library books. As she grew older, her brother

told her to slow down. When you meet Kathy you quickly recognize that she is a bundle of energy that simply can't slow down without great effort. Having two hips replaced over a year ago eventually led her to join Canopy of Neighbors last February and that isn't expected to slow her down. Give her a few minutes and she will tell you about her work on the cemetery with no names, her work with abused children and trauma survivors, how she uses puppets, her nursing background and so on, until you too will tell her to slow down.

Kathy was born in South Buffalo, and except for a nursing internship in Harrison, NY, this community has been the focus of her activity. Early on, she says she led a rather sheltered life at Holy Family School

She is a bundle of energy that simply can't slow down...

although, even then, she was inquisitive, always questioning, even seeking books that were banned. After graduating from the Mercy Hospital School of Nursing, she earned a bachelor's degree in philosophy and political science at the University at Buffalo. Further education included work on a master's degree in political science. She was a nurse at Buffalo General, Roswell Park and Mercy Hospitals.

She does not hesitate to share her own problem with bi-polar disorder (manic depression) because her personal experience has helped her to help others. Her 15 years on disability did not curb her passion

continued on page 7

IT'S ABOUT ALL OF US



Last week I read about a woman who had developed a debilitating spine condition that significantly reduced her mobility to the point where she stopped going to her children's activities or even out of

the house. She refused to be perceived as "wheelchair-bound" because of what she

Words not only describe, but they shape our mindset as well.

thought that said about her. So, her world continued to shrink. Finally, her husband and children insisted she get a wheelchair and what

she found was that, instead of being wheelchair BOUND, she was wheelchair FREED and could go anywhere with minimal pain and difficulty. Her story reminded me of how important words are. They not only describe, but they shape our mindset as well.

So it is with getting older. With 10,000 people turning 65 every day and the youngest baby boomer over 50, one would think an innovative society like ours would be welcoming the experience of older people and making room for them in the workforce. Just the opposite is happening if anyone knows someone over 50 looking for work.

Rather than reading articles about the aging of America in a positive way, we see headlines like *The Silver Tsunami* or *Baby Boomers Have Killed this Country*.

The eight national organizations focused on older people got together to address this concern and funded the largest study of public attitudes on aging that had ever been done. The results spoke loudly to the need to reframe how society thinks

continued on page 7

SUMMER 2018

Newsletter of Buffalo's Canopy of Neighbors



OUR BOARD OF DIRECTORS

Brenda Barrow
Robin Bronstein, CPA
Frederick B. Cohen, Esq.
Gayle L. Eagan, Esq.
Brandi L. Haynes
Liz Kolken
Louise Kreiner
Toby Laping, Ph.D.
Linda Matt
R. Timothy O'Neill, Ed.D.
Kimberly A. Peters, PT, DPT
Liz Schreiber
Maria Scrivani

STAFF

Sasha Yerkovich
Executive Director
Wendy Fredricks
Director of Volunteers
Larry Suttle
Member Liaison

OUT & ABOUT WITH CANOPY

FALL ❖ WINTER ❖ 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.

Sept. 27th: Keith Elkins "Brainstormers"

Join Keith Elkins and his troupe of volunteer actors as they share their talent in creating and presenting skits dramatizing concerns of many seniors



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 Current Event dates which take into account holidays:
10/3, 10/17, 11/7, 11/21, 12/5, 12/19.

Please RSVP!

Free Event



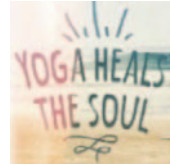
MONTHLY MOVIE:

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. Beginning after the summer hiatus, Monthly Movie dates are: 10/2, 11/6, 12/4

Please RSVP!

Cost to Member



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



MINDFULNESS WITH MARIA KAHN

Join us for our NEW 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: 9/6, 10/4, 11/1, 12/6. Please RSVP!

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: 9/11, 10/9, 11/13, 12/11.

Please RSVP!

\$12 cost to member and includes lunch, drink, tip & tax

*Invite a guest to learn more about Canopy!
Please RSVP to Larry ~ 716-235-8133*

OUT & ABOUT WITH CANOPY

FALL ❖ WINTER ❖ 2018

upcoming *special* events



JEWISH REPERTORY THEATRE

Join us for a new outing – Preview Night!

2018-2019 SEASON

Wednesday October 3 – The Strudel Lady

Wednesday February 6 – Talley's Folly

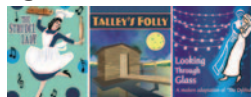
Wednesday May 8 – Looking Through Glass

Curtain up at 7:30 pm.

Ride pickups to start at 6:30 pm.

RSVP in advance by the Monday before each performance To Larry, 716-235-8133.

Free Event



IRISH CLASSICAL THEATER:

Join us for a full dress rehearsal.

2018-2019 Schedule

Thursday September 13 - Golden Boy

Thursday November 1 - Sive

Thursday January 17 - Sense and Sensibility

Thursday February 28 - Frost/Nixon

Thursday April 25 - Hamlet

Thursday June 6 - Entertaining Mr Sloane

Curtain up at 7:30 pm.

Ride pickups to start at 6:30 pm.

RSVP in advance by the Monday before each performance To Larry, 716-235-8133.

Free Event

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.*



FROM YOUR PRESIDENT

This has been a busy summer for Canopy of Neighbors with our monthly Mindfulness seminars by Maria Kahn and Current Events with Keith Elkins continuing, as well as a very enjoyable Miss Buffalo boat tour on one of Buffalo's classic beautiful summer days. Many members joined us at the Parkside Candy

on Main Street for an ice cream social in July and August. For many, it was a trip down memory lane in this recently restored art deco masterpiece rediscovering treats they remembered from childhood.

There is now a plethora of research which supports the benefits of aging in community and affirms the goals of Canopy's founders – to innovate new ways to age in place while keeping our minds and bodies active, healthy and engaged with the world around us. The vision of Beacon Hill Village, upon which Canopy is modeled, is now replicated across the country and internationally in the Village-to-Village movement. Each "Village" has its own permutations, which reflect the needs of its particular community. Canopy is an urban Village, spread across Buffalo neighborhoods, bringing a very diverse group of people together to find interesting ways to engage with each other. Villages believe that aging is a dynamic process that leads to new abilities and knowledge we can share with our communities. As Americans live longer and healthier lives, Canopy, and other Villages nationwide are finding creative solutions to ensure we can all thrive as we age. Call our offices to find out how you can benefit from Canopy!

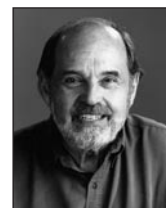
In the next few months, Canopy will announce a special project dedicated to reframing aging, which celebrates the wisdom and knowledge of our community through the Arts. We hope to elevate the conversation about aging and inspire you! Details to come...

Lastly, I would be remiss if I did not pay tribute to the people whose names are listed on our Annual Giving tribute pages that donated to Canopy in 2017, including all of those who donated to us in memory of my husband, Jim Eagan. Your generosity and that of Foundations and trust funds will help keep our doors open in the coming years and for that we will be forever grateful.

Gayle L. Eagan
PRESIDENT

NEW! THE JEWISH REPERTORY THEATRE

The Jewish Repertory Theatre of Western New York is excited to be partnering this season with Canopy of Neighbors by offering three evenings of high quality performances to members and volunteers. "We are looking forward to welcoming Canopy of Neighbors to our 16th season, which includes a humorous musical, THE STRUDEL LADY, followed by Pulitzer Prize winner – TALLEY'S FOLLY – and concluding with – LOOKING THROUGH GLASS – a new adaptation of one of the most classical Jewish dramas, S. Ansky's, 'The Dybbuk,' " says Saul Elkin (*pictured at right*), JRT Founding Artistic Director. "These plays will offer audiences an entertaining season that includes two World Premieres, music, thought-provoking stories and dramatic historical significance."



Thank You

Our sincere thanks and gratitude to the individuals, corporations and foundations who have supported Canopy of Neighbors and its mission through their financial support in 2017.

FOUNDATION GRANTS:

Evans-Devereux Memorial Fund
Josephine Goodyear Foundation
Patrick P. Lee Foundation
The Maria M. Love
Convalescent Fund
M&T Foundation
NY State Grant –
Assemblyman Sean Ryan

DONATIONS:

\$5,000 & Over:

Belmore and Peter Bridgford
Gayle Eagan
Louise and Charles Kreiner

\$1,000 & Over:

Mr. and Mrs. Frederick B. Cohen
Richard Griffin, Esq.
Marie and Frederic Houston
Indira Kartha
Toby and John Laping
Linda Buerk Matt
Alex and Michael Montante
Bruce M. Rich
Vogt Family Foundation

\$500 & Over:

Emma Churchill
Judith R. Lauder
Elizabeth Schreier
Susan T. Siwec

\$200 & Over:

Anne S. Baird
Arthur W. and Elaine I. Cryer
Dr. Chris and Vikki Hamill
Elizabeth Hemenway
Barbara W. Henderson
Deborah and Peter Jones
John Lipsitz
Monica Angle and
Samuel Magavern II
Wendy Pierce
Jeffrey and Susan Schwartz

\$100 & Over:

Susan W. Adams
A. Barker
Brenda Barrow

Gloria and Henry Baxter
Barbara W. Billings
Jenna and Dennis Brinkworth
Kathaleen R. Burke
Elizabeth Clark
Victor N. Farley
R.J. Foote, MD
Margot Glick
Howard and Lillian Gondree
Germaine Graves
Martha Hyde
Martha and Thomas Hyde
Mary Ann and Stephen Joyce
Kirisits & Assoc., CPAS, PLLC
Nancy M. Kirkpatrick
Laping, Surdej Associates
Richard J. Lee
Murray Levine
Andree and Joel Lippes
Maria Scrivani and John Lipsitz
Linda and William Magavern
Joyce A. Markiewicz
Annette and Joseph Masling
Linda Matt
Barbara Maynor
Jeri Mazur
Margaret McAloon
Laura Mangan and Robert Miller
Margaret Moriarty
Linda J. Nenni
Robert Pedersen
Carin and George Phillips, Jr.
Larry and Krista Pignataro
Elaine Pyne
Elizabeth Schreier
Joseph and Carole Sedita
SMC Metal Inc
Susan and Richard Tobe
John and Mary Ellen Tompkins

Up to \$75:

Anonymous
Anonymous
Anonymous
Anonymous
Anonymous
Amigone Funeral Home, Inc.

Steven Biltekoff
Mary and Eugene Buell
Anthony and Jean Caldiero
Rosemary C. Catalano
Mary Gillette and Don Cockerill
Ellen and Donald Crawford
Ellen J. Daly
Ms. Rodney Danforth
Roberta and Roger Dayer
Ruby Dennis
Marian and Emil Deutschman
Donna and Dennis Dickman
Cynthia K. Doolittle
John A. Edens
Judy and Ray Fales
Alan Feller
William H. Gardner
Wilmet J. Garofalo
Richard Gehring
Jean E. Gilmore
Jeanie and Allan Hayes
Brandi L. Haynes
Lynn Magdol and Scott W. Hewlett
Stanton Hudson
Mary and Paul Hurley, Jr
Joan Josephson
Joanne and Arnold Kahn
Barbara and Gerald Kelly
Viola Lewis
Madeline and David Lillie
Lynn Magdol
Michael McCartan
Louise and John McClive
Claire M. McGowan
Charlene Morales
Suzanne K. Morrow
Thomas Peter Neal
Rose and Frank Parlato
Molly and David Quackenbush
Barbara and George Reidel
Diane Rittling
Kenneth A. Rogers
Victoria A. Sapienza
Jerry Schoemick
Maria Scrivani
Clara Small
Phyllis Smukler

Gary Sutton
Mary Taylor
Linda K. Wadsworth
Isa Wallace
Angeline Webb
Helen Westmoreland
Lynn and Robert Widger

HONORARIUMS:

\$1000 & Over:

Sanford and Margery Nobel
for Toby Laping

\$500 & Over:

Jackie and Bill Gurney
*for Gayle Eagan, Liz Schreier,
Sasha Yerkovich*
Lewis A. Stern
for Toby Laping

\$200 & Over:

Liz and Bob Kolken
*for Linda Matt and
Sasha Yerkovich*
Liz and Bob Kolken
for Linda Matt
Liz and Bob Kolken
for Jim and Ann Harrington

\$100 & Over:

Nan Clarkson
for Toby Laping
Liz and Bob Kolken
for Linda Matt
Laura Yerkovich
*for Carl Yerkovich,
Sasha Yerkovich*

Up to \$77:

Susan Bean
for Susan Siwec
Susan Bean
for Delight Dann
Colgate
for Sasha Yerkovich
Elizabeth and Robert Kolken
for Linda Matt
Ana Nicolas
for Sasha Yerkovich
David and Ginger Maiman
for John Laping

In Memoriam

\$100 & Over:

Holly and Jordan Levy
for Dr. Jonathon Miller

Up to \$75:

Judy Goodyear
for Anne Forrester
Jacyra Guard
for Clara Small

Holly and Jordan Levy
for Rachel Stenclik
Sol Messinger
for Richard Yellen

Elizabeth A. Osta
for Mary Jean Downs
Phillips Stevens, Jr.
for Betty J. Ott

~ FOR JAMES F. EAGAN ~

\$1000 & Over:

James and Susan Eagan
Kevin M. Gregory and
Margaret M. Gregory
Mr. John A. Mitchell
Jerome O. Herrmann and
Jane O'Brien
John and Denise O'Donnell

\$500 & Over:

Matthew Antkowiak
Laurie Dann
Mindy, Jeff and Sean Hayes
Barbara Henderson
Tina McKeever
Margaret Moriarty
A. D. Oak and Laurette A. Oak
Dr. and Mrs. James Vaillancourt

\$200 & Over:

Kristan C. Andersen
Dianne Bennett
Belmore and Peter Bridgford
Paula M. Ciprich
Michael J. J. Collins
Ellen J. Daly
Robert and Catherine E. Greene
Joan Gruen
Carla J. Hengerer
Tom and Sheila Hess
Mary Kovach and Jack Kallis
Bart and Keri Kelleher
Hon. John La Falce
Dr. and Mrs. Mark A. Parshall
Personius Melber LLP
Mary and Tom Roberts
Susan T. Siwec
Dr. James and Anne White

\$100 & Over:

Mo and Rose Argenio
Catherine Baczynski
Ann S. Barry
Max Becker Jr.
Beechwood Continuing Care
Barbara W. Billings
B. Mason Bowen Jr.
Kathaleen R. Burke
Frederick D. Turner and
Carol Condon
Roberta and Roger Dayer
Clotilde P. Dedecker
Andrew W. and Teresa M. Dorn

Mary and Peter Etu
Suzanne Evans
Marsha A. Fadale
Alison Fleischmann
Ilene and Peter Fleischmann
Steve Batten and Peter Garvey
Scott and Danis Gehl
Christine Georger
Tricia M. Grace
Jane Griffin, PhD
Barbara A. Hanavan
Harter Secrest & Emery LLP
Richard and Patricia Heffern
John M. Heffron
Duane and Althea Hendricks
Duane and Althea Hendricks
Barry O. and Tracy Heneghan
Dennis and Elizabeth Horrigan
Dean Hill Jewett
Anthony and Kim Jordan
Indira Kartha
Kelleher Family
Peggy L. and Mark E. Kirk
Laurel K. Holmes and
Wells E. Knibloe
Liz and Bob Kolken
Lauren M. Kostek
Louise Kreiner
Mary and Robert Kresse
Maria Scrivani and John Lipsitz
Literacy Buffalo-Niagara
James Mack

Ed Markarian
Sally M. Marks
Kate and Tony Masiello
Linda Buerk Matt
Barbara Maynor
Jim and Jean McCormick
Claire M. McGowan
Robert L. Meredith
Joan S. Miller
R. T. and Nora T. O'Neill
Paul E. and Diane Pazderski
Kevin and Jean Powers
Angela J. Pritchard
Mary K. Roach
Dianne Rubin
Elizabeth Schreier
Dolores H. Sheehan
Rev. Stephen J. S. Smith and
Rev. Sarah Buxton-Smith

Jaen M. and Frederic J. Stievater
Richard J. Stievater
Sue Tannehill and Family
Jim and Connie Tanous
Paul and Beth Vance
WBASNY WNY
Board of Directors
WBASNY WNY Past Presidents
Isa Wallace
The Wright Family
Linda Marsh and Arthur Ziller

Up to \$75:

Anonymous
William G. Abels
Marci Battaglia
Donald J. Blesnuk
Donna Brachmann
Bob and Camille Brandon
Greg and Chris Bukowski
Alan Carrel
Sebastian Gene Ciano
and Marilyn Ciano
James J. and Carol J. Connors
Homer H. and Margaret S. Dick
Daniel C. and Maureen J. Duggan
James and Lynn Duggan
Sue Linda Edelman
Roberta and Willie Evans
William D. Fenston
Mary E. Fleming
Susan E. Foster
Alice and Bill Frank
Carolyn B. and David M. Frank
Howard B. and Linda A. Frank
Rhonda Frederick
Sue Gardner, Esq.
G. Franklin and
Suzanne M. Gaskill
Ellen M. Gibson
Larry and Sheila Ginnane
Marjorie Girth
Mary and Dale Gould
Germaine Graves
James and Carole Grenauer
Joseph M. and Mary Kay Guerra
John Hamm and Family
Mary Hurley
Mary and Paul Hurley, Jr.
Hurwitz & Fine P C
Attorneys at Law
Maxine J. Inera

Anne Keating
Dorothy and Bart Kelleher
Kathy Kelleher
Ray and Diane Kerner
Philip E. Kiefer
Norine A. and
James W. Kirkpatrick
Sigmund G. Kozak
Kathleen J. Kroczyński
Toby and John Laping
Madeline and David Lillie
Jacqueline V. Lorusso
David and Ginger Maiman
John B. and Kathleen M. McCarthy
Jennifer McGriff
Peppy McLean
Marilynn A. Meredith
Barbara D. Mierzwa
Nancy and Dean Millar
Joan S. Miller
Richard J. and
Patricia A. Miodonski
David F. and Marjorie C. Mix
Joe Murphy
Thomas A. Palmer
Mr. Joseph L. Palumbo Sr.
Donald and Lois Phinney
Planned Futures Financial
Reed Realty of WNY LLC
Chris and Jodi Reynolds
Robert W. and Martha L. Rice
Howard and Valerie Rosenhoch
Amy R. Schaefer
David H. and Patricia K. Schank
Mr. and Mrs. Thomas Schierer
Peter and Marsha Schifferli
Carol and William Skretny
Joseph and Lisa Smith
Karen Lee Spaulding
Frank J. and Susan W. Stahl Jr.
Gregory P. and Carol A. Stein
Joyce Stoeckl
Michael and Mary M. Swart
Kathleen A. Szafranski
Daneen M. and Barry Vincent
Gene and Ellen H. Warner
Jake Warner
Susan Q. Wertman
Stan and Patti Wegrzynowski
Ms. Evelyn Williamson
Robert L. and Helen Zaffram

Parkside Candy Ice Cream Outing



Members and volunteers enjoyed a trip down memory lane to an old fashioned ice cream and candy parlor for a respite from the summer heat!



Miss Buffalo Cruise



Another beautiful Buffalo summer day saw members and volunteers on the Miss Buffalo boat enjoying the beauty and history of Buffalo's shores and canals.



"Mysteries of Father Baker"

Our community enjoyed a moving and fascinating look into the life and miracles of Father Baker as told by author, John Koerner, who has penned several books on Father Baker.

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.

CALLING ALL VOLUNTEERS!!

TOP 3 WAYS TO BE A TOP NOTCH CANOPY VOLUNTEER

There are lots of ways to help. Remember when neighbors reached out to help their fellow neighbors? Be a part of an invaluable community based solution!

1. **DRIVE MEMBERS IN YOUR NEIGHBORHOOD** to doctor's appointments, physical therapy, to shop for groceries, or go to the pharmacy, the bank, social engagement or a Canopy sponsored event.
2. **SIMPLE HOME MAINTENANCE** - Change light bulbs, help with TV or cell phone questions, light yard work, check batteries in smoke detectors or other minor handyman tasks.
3. **FRIENDLY VISITS** - Visit a member to provide a little one-on-one contact – for a neighborly chat or to catch up on recent news.

Let us help you find a rewarding volunteer position that is flexible and fits your needs. Please contact Wendy Fredricks, Volunteer Director at 716-235-8133 to discuss the possibilities for volunteering.

Kathy Lynch...continued from page 1

for activism. She was at the university in the late 1960s and had the misfortune of being hit in the head by a rubber bullet during the campus riots. She had been part of the women's movement, anti-war movement and civil rights movement. Her own experience as a patient seeing how others were treated in the medical facilities, led her to form the Unity Club, a unique group started by people who needed help themselves. At some point in her career the *Buffalo News* did a story on her recovery. Most of her life and legacy rests with her commitment to building trust in creative ways. She helped set up a storefront location for women victims of sexual assault and a Center for Self-Discovery.

She is excited about changes because she wants to "leave this world a better place." She is always looking at healthy alternatives through the healing arts. She has used puppets and journaling to deal with her own trauma and used these techniques to work one-on-one with abused children and those with mental health issues. She has been described as a visionary who uses innovative strategies in mental health treatment working for places like the Buffalo Psychiatric Center, the County Office of Mental Health, and the WNY Independent Living Center. She prefers open ended job descriptions so that she can develop self-help treatments for those suffering with alcoholism, drug addiction and other problems. She seeks to build their learning skills and to have them profit from her experience. She can share warm success stories that used nurturing and trust building effectively. She says some people are over-sedated and others suffer from insufficient services to help them with survival skills in the community. She can tell when she herself is starting to speed up so she uses drumming, martial arts and Qi Gong to calm down along with nutrition, exercise and meditation. These are holistic practices that can be used to help those suffering from burnout and for anyone experiencing significant loss.

At the time of this interview, Kathy was planning a one week retreat to include walking, reflection, meditation, and reading with a purpose. She is working on the third chapter of a book she calls "Reflections of an Advocate." She asks herself "how do I want to spend the rest of my life?" When she dies she says she doesn't want to be "all used up" because she has a calling that she feels within her heart and her belly that just won't let her slow down.

— by Marian Deutschman

It's About All of Us...continued from page 1

about aging. I am fortunate to be one of the few master trainers in this work and am spending a significant part of my free time spreading the word on what's important to build the perspective that older people are not burdens or a drain, but a vibrant, experienced cadre of people with much to offer in civic and human service ventures.

Some of the most important learnings we stress include:

- It's not about them, it's about us. By using "we and us" rather than "them or those" reminds all of us that aging is a dynamic process that begins when we are born. You are older now than you were when you started reading this article.

- Use the term "older people" rather than seniors or "geezer" to describe ourselves. Using that term emphasizes that we are part of the human continuum composed of younger people, middle aged people and older people, and the communities we want to build and support will be beneficial for all of us.

- Ageism, discrimination or prejudice on the basis of someone's age, is the hidden reef of healthy aging. And

we older people are some of the worst perpetrators of this toxic attitude. For example, hiding our age as if it's a bad thing, and not being satisfied with feeling healthy but insisting on looking younger. Ashton Applewhite, in her book, *This Chair Rocks*, says that "ageism is America's most deeply held prejudice and is the only one that discriminates against our future selves".

Social and public policies also share this negative view of older people. We talk about monies devoted to children as an "investment" but monies for home and community based services or livable communities are described as an "expense" We expect no return for an expense, which describes society's attitude toward older people. We expect nothing back.

The Reframing Aging project is intended to actively change those perceptions to demonstrate that there is a societal return for investing in older people – a return measured in civic participation, mentoring and contributions of our collective experience and wisdom to solving the challenges of today.

Canopy of Neighbors is a key organization in this "caravan" to demonstrate the importance of participation and service in celebrating age and changing people's perspectives on the value of engaging older people. Our demographic future is not a tsunami – it's a golden opportunity for societal advancement.

— by Ann Monroe

Ann Monroe is the founding President of the Health Foundation for Western and Central New York and served for fifteen years until her recent "refirement". She is Board President of national Grantmakers in Aging and a member of the Executive Council for NY AARP. She works with organizations to improve their governance and programming for people of all ages and is a Master Trainer for the Reframing Aging national initiative. She lives in Buffalo and has two daughters, two grandchildren and is the servant of two dogs. Her email is monroeann1064@gmail.com



CANOPY OF NEIGHBORS

805 Delaware Avenue

Buffalo, NY 14209-2005

Email: Info@CanopyOfNeighbors.org

Phone: (716) 235-8133

Web: www.CanopyOfNeighbors.org

Non Profit Org.
U.S. Postage
PAID
Buffalo, N.Y.
Permit No. 369

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

Canopy of Neighbors is proud to have its
newsletter printed by Print Plus www.printplus.us

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.

Welcome

New members: Celia Linder; Mary Jebb; Julian Ambrus, MD; Susan Ginsberg;
Helen Vaux; Margaret Acara; Joan Brady; Janice Franke; Karen Williams

New volunteers: Laura Chestnut; Melissa Kennedy Cleary; James Reilly Eagan;
Marianne McGrath; Margaret Moriarty

Support us when you shop

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

You shop.

Amazon
donates.



amazonsmile

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

M&T Bank