



CANOPY OF NEIGHBORS



RUTH MCGHEE



Ruth McGhee calls herself “the last of the Mohicans” referring to her surviving her four sisters and

two brothers. Her parents, originally from South Carolina, lived for a while in Richmond, Virginia where two of her siblings were born, before moving here to Buffalo. Ruth and her other four siblings were born in the following years and lived in a home right across the street from Public School 75 from which Ruth graduated. She recalled with a chuckle that she barely had time to roll down the long white stockings her mother made her wear each day to school and then to roll them back up again on her way home since her walk to and from school was so short.

Ruth went on to Hutchinson High School but when her mother became ill, she stayed home to care for her mother so her younger sister could go to school. She eventually completed her education at Girls Vocational High School. Ruth started working while she was still in high school, riding a bus out to a farm to pick apples and beans. She readily admits that she was not the best string bean picker but she enjoyed the experience. Right after high school, at age 18, Ruth got married but it only lasted for a year. There was another man in her life for about ten years but, when he wanted her to move out of town, she just wasn’t ready to leave. She says she really wasn’t the “marrying kind” but she helped one of her sisters raise her three sons.

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MINDFULNESS TRAINING AT CANOPY



Maria Kahn is an Applied Mindfulness Specialist, Meditation Instructor and Speaker who will begin a monthly series at Canopy on May 3rd. She has

over 25 years experience of Mindfulness training and practice worldwide, as well as a background in leading local seminars, private instruction and corporate work here in Buffalo. We are truly excited to offer a unique experience that helped so many as a one-time event so we asked Maria to lead a monthly Mindfulness seminar! We hope to see you there!

My passion to teach mindfulness meditation is fueled by a deepened and profound appreciation for the dependability of a daily practice. I was introduced to the practice of mindfulness 25 years ago as an undergraduate at Buffalo State College.

Mindfulness is the practice of paying attention...

Since then, my daily practice has helped me navigate myself and my family through many difficult challenges; from low staked daily stressors to managing our way through unexpected tragedy. When Canopy of Neighbors asked me to come and speak to their members, who often struggled with the day-to-day challenges of aging, I was thrilled to be able to introduce the practice to this population.

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SPRING 2018

Newsletter of Buffalo's Canopy of Neighbors



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OUT & ABOUT WITH CANOPY

SPRING - SUMMER ♦ 2018



MINDFULNESS WITH MARIA KAHN

Join us for our NEW monthly Mindfulness program.

This exciting program will be held every first Thursday of the month, beginning May 3rd. It will be held at 805 Delaware in the library at 11am.

Free Event.

Maria will help us uncover useful tools to de-stress and return ourselves to a productive state of calm and ease.



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. **Free Event.**

May17th: Angela Keppel "Discovering Buffalo, One Street at a Time"

Join Angela, history enthusiast, Buffalo Booster and urban planner as she shares her knowledge of Buffalo's neighborhoods. Take a verbal walk through Buffalo's rich history, street by street.

June 28th: John Koerner, "Mysteries of Father Baker" Join John, Buffalo born, author, historian and Roam Buffalo and Haunted History tour guide, as he shares his love of Buffalo history and discusses his two books on Father Baker ~ "The Father Baker Code" and "Mysteries of Father Baker".



LUNCH AT *Chef's* RESTAURANT.

Join us at Chef's for our May monthly Canopy luncheon.

The luncheon will be held on Tuesday May 8th at 1pm.

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

The cost is to the member and details will be announced.

The June luncheon will be held at Hamlin House.

In July and August, we will enjoy Lake Effect Ice Cream instead of lunch.



LAKE EFFECT ICE CREAM SOCIAL

Join us for an ice cream social on Tuesday July 10th and Tuesday August 7th.

The ice cream social is at 1pm.

Please RSVP ~ Lake Effect 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, July 20th at 12:30-2:30pm

Rain date: Friday, July 27th

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



To Larry, 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



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 RSVP!

Free Event

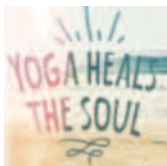


MONTHLY MOVIE:

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:

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.

\$12 cost to member and includes

lunch, drink, tip & tax



IRISH CLASSICAL THEATER:

Last play of the season!
Join us for a full dress rehearsal.
-THURSDAY, MAY 31ST:
"Lady Windemere's Fan"

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

Guests are welcome to events!

Please RSVP to Larry ~ 716-235-8133



FROM YOUR PRESIDENT

Welcome to our first newsletter of 2018! For the first time in my life and likely the last, I went zip-lining high in the hills of Catalina Island off the coast of California. It was one of the scariest moments in my life when I stepped off the first of five platforms into thin air supported only by a harness. My heart was pounding and my mouth was dry but, somehow, my daring exhilarated me. That experience led me to think of how rewarding it is to step out of my comfort zone. Most of us will not be looking for such wild adventures as zip-lining down a mountain but there are lots of other ways to test our capacity for new adventures. It may be as simple as sampling unfamiliar foods or trying to understand an opposing point of view. For some of you who have been receiving the Canopy Newsletter it might be invigorating to try something new and enter our world by becoming a member or volunteer or simply being a guest at one of our events to try us out.

Join us to sample our programming, which is off to a great start! In January, local historian, Marla Bujnicki, took us deep into the history of Larkinsville, the Larkin Soap Company and the beginning of Prohibition – she'll be back soon as one of our most popular speakers! In February, Maria Kahn introduced the first in a monthly series of "Mindfulness" seminars which taught us techniques to help us become more centered and less stressed in our day-to-day reactions to the world around us. Most recently, Canopy's Current Events' host, Keith Elkins, changed gears and brought a troupe of actors, Diane Cammarata, Meghan Krank and Phil Knoerzer, from the "Brainstormers" to do a reading of Betty Accordini's wonderfully idiomatic and informative skit titled "Pajamas at 4 PM" followed by a moving and intimate discussion amongst attendees about life changes. Their performance roped all of us in to the common tension that occurs in families as children try to adjust to changes in a parent's behavior. Phil observed that their gig at Canopy "was the ideal I have always imagined for The Brainstormers... a large, connected and appreciative audience who are unafraid to open up in front of one another."

What some of us discovered during the Brainstormers' performance is that Canopy has the tools to assist people who may be frustrated in their attempts to crack a shell that sometimes surrounds a friend or family member who is living alone and experiencing isolation because of the losses in his or her life. They may simply need support with transportation or the peer support that Canopy provides. Nevertheless, as we stretch our boundaries and introduce Canopy to more and more people, we invite those of you who are ready to take a leap – or even a small step – to join Canopy as we zip-line through the exhilarating journey of aging together! Call us at 235-8133 for more information.

**Join us
to sample our
programming...**

Gayle L. Eagan
PRESIDENT

The Brainstormers



The Brainstormers are a group of seasoned actors who perform from a repertory of over 30 skits that dramatize areas of concern for older adults.

They came to Canopy to entertain and provoked a moving and meaningful discussion amongst our members and volunteers about dealing with change and possible signs of depression.

Holiday Cookie Party



Canopy's annual Holiday Cookie Party allows our community to gather before the rush of the holiday season to share homemade cookies and relax with friends.



Maria Kahn



Maria Kahn came to Canopy to lead us in Mindfulness Training to help ease stress and help us cope with daily struggles that wear on our health

and wellness. Due to popular demand, Maria will launch a monthly "Mindfulness with Maria Kahn" series at Canopy in May. Join us!



Marla Bujnicki

Canopy favorite Marla Bujnicki, historian, docent, and Buffalo tour guide, made a repeat performance to regale us with history and stories from Larkinville, the Larkinville Soap Company and Prohibition. What a wonderful trip back in time!



Warren Clark



Warren Clark, President & CEO of the BBB of WNY, shocked us with stories of trending mail, phone and online scams that can cost you dearly! He then gave us updated and valuable tips to protect your privacy and money. Warren will be back by popular demand in the fall to update us further.



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.

Mindfulness Training at Canopy ...continued from page 1

Old age is often portrayed as a time of rest, reflection and freedom to do things that were put off while raising families and pursuing careers. Unfortunately, the aging process is not always so idyllic. Late-life events such as chronic and debilitating medical disorders, loss of friends and loved ones and the inability to take part in once-treasured activities can take a heavy toll on an aging person's psychological and emotional well-being. An older adult may also sense a loss of control over his or her life due to and other physical changes; failing eyesight, hearing loss, as well as external pressures such as limited financial resources. These and other issues often give rise to negative emotions such as sadness, anxiety, loneliness and lowered self-esteem, which in turn lead to social withdrawal and apathy.

Mindfulness is the practice of paying attention to what is happening as it is happening in the present moment with a sense of curiosity, inquiry and care. Simply put, it's knowing what is going on both within ourselves and outside of ourselves at any given moment. When we

learn to pay attention in this way we quickly notice that most of what we are stressing or worrying about isn't actually going on in the present moment. We may notice that our mind is focusing on the past, which can often lead to feelings of disappointment and regret, or worrying about the what may happen in the future, which especially in the aging population can lead to stress and anxiety.

A growing body of research supports the immediate benefits of meditation, such as reduced stress and anxiety levels, lower blood pressure, and enhanced happiness. Mindfulness meditation also activates the body's natural relaxation response; a physical state of deep rest that changes the physical and emotional responses to stress. The relaxation response is the body's way of reversing the effects of stress and the body's stress response. Learning how to evoke this response through meditation can lower stress and enhance one's physical and emotional well being in any stage of life.

Maria Kahn

Annual Appeal

As we celebrate yet another year of success at Canopy of Neighbors, we want to thank our donors, volunteers, friends and members who have made Canopy's growth a reality. Our mission is to create new pathways to aging well and aging independently in community and we hope you will continue to support our mission as we move into the future and into new neighborhoods.

Canopy is a membership organization with an annual membership fee based on income level. For this low fee, we introduce our members to a wonderful world of fun and innovative programming that reduces social isolation – monthly lunch outings, movies, monthly speakers at coffee hour, workshops for creative writing, monthly Mindfulness seminars, current events group, live theater – are just some of the enjoyable and meaningful opportunities to meet new people or just escape from your

current responsibilities. Alleviating social isolation leads to better health and wellness.

Just as importantly, with a membership, Canopy offers door-to-door transportation to members' medical, social and other appointments by caring and vetted volunteers. It takes a Village to return us to the days of neighbor helping neighbor with life's "human services" that take the burden off of our members, their family and friends. Most popular of all, our friendly call program checks in, issues invites to events and takes requests of all kinds.

We are a direct impact, grass roots organization that relies on donations and grants to help us continue to provide the programs, transportation and human services that our seasoned community members need. Your gift will help us sustain our organization for the day you or your loved ones may need us.

Please consider a tax-deductible gift, a social membership or a corporate sponsorship to give back to a community that gave us so much.

Ruth McGhee...continued from page 1

Ruth spent 16 years working at Westinghouse on various assignments relating to the production of small motors in its electrical plant. She also recalled the period of about nine years when she lived in Philadelphia working with a fine group of seniors as an in-home support aide.

Ruth's love of travelling began early in her employment at Westinghouse for it shut down every year for a week in the month of July. She would travel to such places as Atlantic City. In addition to her summer trips, she savors memories of eating cherries jubilee while away during a long Thanksgiving weekend and having tea and crumpets while on a boat trip. She reminisces about her trips to Boston, Cape Cod, Martha's Vineyard and especially her trip to Florida a couple years ago. One place she dreams of seeing is California.

Ruth has lived at Trinity Towers for about 10 years. A few years ago she was approached to join Canopy of Neighbors and is so glad that she agreed. She loves the way the "nice group of friendly people" keep her busy with the luncheons, coffee hours, Irish Classical Theater and other activities. When her vision permits, she is proud of her ability as a seamstress. She made a lot of clothes including a coat and she taught herself to knit and crochet. She still

does her own clothing repairs. She loves to read. Her cataract surgery left her with a temporary visual blur so she relies on large print books. She spoke in detail about one special book called *The Family Tree*. She likes to read about people and their problems in "The Guide Post", a religious publication. She was pleased to be invited to be a member of the Mothers' Board at the First Centennial Baptist Church so she is now called "Mother McGhee". She says membership on the Board gives her another opportunity to meet pleasant people and attend dinners, go to other churches and work to beautify the church.

As she approaches her 89th birthday in October, Ruth says she has "really enjoyed life" and "can't complain. Her nieces and their children are very protective of her as they bring the joy of family to her apartment on birthdays and holidays. She is pictured above with one of her nieces, Delinda, with whom she is especially close. I'm told that Ruth is very special to her Canopy friends who enjoy the great sense of humor and the unbelievable spirit of this spunky woman.

Marian Deutschman

Welcome

New volunteers:

Rebecca Wood
Ashley Bradoc
Hilary Pasi
Kyle Dias
Carly Smith
Karen Johnson

New members:

Jacyra Guard
Marla Brown
Gretchen Chernetsky
Kathy Lynch
Evelyn Miller
Susan Adams
Lorrie Desbecker
Margaret Gordon
Krista Pignataro



CANOPY OF NEIGHBORS

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This newsletter is a
publication of
Canopy of Neighbors, Inc.
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.

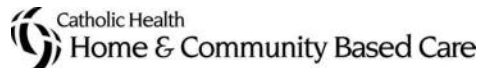
Thank You.

Our Mission

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

CORPORATE SPONSORS

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



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