

THIRD CHAPTER LIVING



Active Aging Week, October 3-9, 2022

ISSUE 21 | FALL & WINTER 2022

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Making Central Brooklyn A Great Neighborhood To Age-In-Place!

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IN THIS ISSUE...



Greetings Age Friendly Community,

I trust everyone had an enjoyable and tasty Thanksgiving!

In this Fall & Winter edition, our last issue until 2023, our cover story looks at AFCBI's signature fall event **Active Aging Week, October 3-9, 2022**. We will send **Happy belated Birthday wishes** to all who celebrated this momentous occasion since our September issue. And to those celebrating a birthday in December we give you a **BIG SHOUT OUT!**

Sharon Lyons pays tribute to her great grandfather in her poem **Centerpiece**. We have a guest writer **Yvonne Hall**, who shares her impressions about the Norman Rockwell Museum exhibit "Imprinted: Illustrating Race". Additionally, in our Culture Corner column, contributing writer **Selma Jackson** talks about Broadway's honoring of two legendary icons James Earl Jones and Lena Horne. As part of our theater coverage, we share photos from our trip earlier this year to see *MJ The Musical*.

Check out our **monthly calendar** for a list of the activities planned for December 2022 and January 2023 including **Holiday Lunch (Dec 21)**, **Kwanzaa Celebration (Dec 28)**, **Virtual Vision Board Prep Party (Jan 16, 2023)** and more. Note, the **Vision Board Party** will be on **Valentine's Day, February 14, 2023**.

As we head into the holiday season, we fondly remember **JJ Jackson** who we lost this year. We are so grateful for the time Age Friendly spent with her. Remember, everyone is going through something we know nothing about so try to be kind and gentle in your interactions with people. For the remainder of this year and for 2023, we wish everyone health, prosperity, and joy.

Continue to stay safe,

Donna Williams
Editor in Chief
THIRD CHAPTER LIVING

ACTIVE AGING WEEK BRINGS IN NEW MEMBERS

BY DONNA WILLIAMS

This fall marked the second year Age Friendly Central Brooklyn, Inc (AFCBI), partnered with Myrtle Avenue Brooklyn Partnership (MABP) and the return of NYAM (New York Academy of Medicine) as a collaborator on ACTIVE AGING WEEK (AAW), October 3-9, 2022

Always scheduled the first week in October, the week-long campaign of virtual and outdoor events was sponsored by Assemblymember Stefani L. Zinerman, 56th Assembly District and promoted the benefits of an active lifestyle and healthy aging strategies for older adults.

During the seven days, AFCBI produced a total of 10 activities and we added 35 new names, with many becoming paid members, to our distribution list. Each day featured an activity corresponding to one of the seven dimensions of wellness including: Emotional, Intellectual, Social, Environmental, Professional/Vocational, Physical, and Spiritual. Prior to AAW, we launched our website: <https://agefriendlycb.org>. Check it out!

Below is an overview of the activities for October 3-9:

Oct 3, 10AM-1PM (Emotional) – Kickoff @ Restoration Plaza

Oct 4, 10AM-11AM (Physical) – Chair Yoga with Tameeka Nicole (Virtual)

Oct 4, 11AM-12PM (Intellectual) – Aging Policy & Quality of Life with Elana Kieffer, NYAM (Virtual)

Oct 4, 1PM-3PM (Intellectual) – Lunch & Learn NYS Utilities (Masks Required)

Oct 5, 12PM-4PM (Social) – Outdoor Social @ Myrtle Avenue Plaza. Cancelled due to the weather and is being planned for spring 2023

Oct 5, 4:15PM (Social) – Movie Screening The Woman King

Oct 6, 10:15AM-11AM (Physical) – Chair Yoga with Tameeka Nicole (Virtual)

Oct 6, 11AM-2PM (Environmental) – Food is Medicine Farm Tour @ Tranquility Farms

Oct 7, 11AM-1PM (Professional/Vocational) – Encore Career Fair

Oct 8, 9:30AM-4PM (Physical) – Senior Games

Oct 9, 3PM-6PM (Spiritual) - Reflections of ACTIVE AGING WEEK



New to the AAW schedule of events was a presentation by NYAM on Aging Policy & Quality of Life, a Lunch & Learn about NYS Utilities with representatives: Karla Ayala; National Grid (347-461-1817): Adam Soclof, Con Edison (Senior Direct 1-800-404-9097 priority # for customers 62 or older); and Alex Karman, NYS Department of Public Service (complaint 1-800-342-3377). Another new addition to the lineup was a movie screening with Viola Davis starring as The Woman King.

Inspired by their participation in the State Senior Olympics in Cortland, NY, several AFCBI members Linda Hawkins, Sharon Lyons and Veronica Morris were instrumental in organizing a mini Senior Olympics for AAW. Linda wanted to share with us “the joy of outdoor sports and activities that are relatively safe and enjoyable”. Initially planned to be held on Governors Island, because of the ever changing weather, we decided to keep the event local and set up our Senior Game Day at Herbert Von King Park in Brooklyn. It was a wonderful day promoting friendly, safe and fun competition among older adults. Games included the bean bag toss, horseshoe and archery ladder toss, a three-legged race, egg and spoon race, and even a tug of war! Medals were awarded to all first, second and third place winners. Assemblymember Zinerman presented awards to several winners.





We ended AAW with a luncheon where we reflected on the seven dimensions of wellness and how we were able to experience them during the events. We hired the Youth Jazz Band to perform and asked students from Boys & Girls High School – who we've partnered with on other intergenerational events (e.g., cooking, dance and jewelry making class and most recently Game Fright aka Game Night Halloween Theme) – to serve lunch. The students were, of course, paid for their services. Both groups expressed how much they enjoyed sharing the afternoon with us and we believe it was an inspiration to plan the recent Game Fright.



Our caterer for the luncheon was Rev Aaron Owens. We received many compliments about the luncheon and requests that we use the same caterer for our Holiday Party. Rev Owens (646-388-0328) caters as well as sells individual dinners, so reach out you won't be disappointed!

Our special guest speaker was Reverend Yoreel Trumpet who brought everyone to their feet as she talked about What's Age Got To Do With It! She sounded the alarm and left us with much to ponder including:



- Aging is a process
- Time is winding down celebrate the time you have
- Stay involved and fully participate in all aspects of society
- If you are still here there is a legacy you need to be building
- Do what you can where you can
- Let the world know I'm still here, I'm not invisible

Photographers for AAW include Sheila Cox, Sonni Cox, Velvet Hall, and Donna Williams.



HAPPY

Birthday TO YOU!

Please join as we give a big SHOUT OUT to the folks who had a birthday in October and November and to those who celebrated their special day in December.

OCTOBER

- 1 - Veronica Morris
- 13 - Merine Showard
- 24 - Deborah L. Perry
- 30 - Stefani Zinerman
- 31 - Carol Harris

NOVEMBER

- 6 - Martha Works
- 24 - Beverly Reid
- 27 - Denise Drayton
- 29 - Donna Williams

DECEMBER

- 6 - Linda Hawkins
- 27 - Darcella Jones



CENTER PIECE



SHARON LYONS' MATERNAL GREAT
GRANDFATHER WALTER JONES

IT WILL BE A CENTERPIECE FOR A WALL IN MY HOME.

WEARING A 1800'S BROWNISH GRAY SUIT, WHITE SHIRT AND TIE, STANDING ABOUT 6FT OR TALLER, SMOOTH FACE, SKIN SO LIGHT THAT IF IT WASN'T FOR HIS CLOSE CUT KINKY HAIR HE COULD PASS FOR WHITE. HE HAD TO HAVE TURNED HEADS IN HIS PRESTIGIOUS ATTIRE AND GOOD LOOKS. HE STOOD THERE IN A VERY CONFIDENT, DIGNIFIED WAY, LOOKING LIKE A MAN WHO NEVER PICKED COTTON, SOAKED COTTON ETC. OF THOSE TIMES.

MY 8 YEAR OLD VISION CAME BACK TO ME, MY EYES GLAZED UP LIKE THAT OF A CHILD, AND I FELT MY HEART TREMBLING, AND I BEGAN TO CRY WITH TEARS OF JOY AS I HELD AND EXAMINED THAT PICTURE OF MY MATERNAL GREAT GRANDFATHER WALTER JONES, MY GRANDMOTHER'S FATHER'S PICTURE. MY BREATH WAS ALMOST TAKEN AWAY AS I HELD THAT PICTURE IN MY HAND TO SEE MY GRANDMOTHER AGAIN WHO LOOKED EXACTLY LIKE HER FATHER.

THEY SAY A PICTURE IS WORTH A MILLION DOLLARS. WELL, I BECAME A MILLIONAIRE WHEN I RECEIVED THAT PHOTOGRAPH OF MY GREAT GRANDFATHER. HE IS PERFECT, MY GREAT GRANDFATHER. HE LOOKED LIKE EVERYTHING THAT I WOULD HAVE WANTED IN A GREAT GRANDFATHER. I SAW EVERYTHING THAT I WOULD WANT IN A MAN. HIS PHOTO LIFTED MY SPIRIT AND TOUCHED MY HEART AND I HEARD IT BEATING LIKE NEVER BEFORE

WISH I COULD HAVE BEEN BORN WHEN HE WAS AROUND, WISH I COULD HAVE CLIMBED UP IN HIS LAP AND HELD HIS HANDS.

ABOUT THIS POEM:

SADLY I DON'T HAVE A PICTURE OF MY GRANDMOTHER. I RECEIVED HER FATHER'S PICTURE DURING THE FUNERAL OF HER YOUNGEST SISTER WHO DIED AT THE AGE 83, AND THE LAST TIME I SAW HER WAS WHEN SHE WAS ABOUT 40 YEARS OLD. I WAS ABLE TO SEE MY GRANDMOTHER AGAIN THROUGH HER FATHER'S PICTURE. SHE LOOKED EXACTLY LIKE HIM.

WRITTEN BY SHARON LYONS SEPTEMBER 19, 2022

TRIP TO NORMAN ROCKWELL MUSEUM – “IMPRINTED: ILLUSTRATING RACE”



BY YVONNE HALL

Members and friends of Age Friendly Central Brooklyn and Assemblymember Stefani Zinerman were treated to a double event on Saturday, October 29th. First: A beautiful sunny day where scenic picturesque foliage of the leaves on trees - the golds, the browns, the reds, the greens - could be seen in full view during our ride to Massachusetts. Second: A guided tour of the Norman Rockwell Museum in Stockbridge, Massachusetts, for an Exhibit called: “Imprinted: Illustrating Race”.

One of the co-curators, Stephanie Haborese Pinkett (native Brooklynite) introduced our group to what wonders the exhibit had to offer. There would be over 300 works of art and objects from the late 18th century to today. She explained that during the 19th and 20th centuries widespread published imagery showing Blacks were either omitted or shown in servile roles.

Often the stereotypes made them look foolish or were caricatures of them. All negatively impacted how we think about race. The arc of how Blacks have been depicted through the years has been from derogatory to uplifting, to historical (e.g., the Civil Rights era).

Special guests Hollis King, the artist and designer of the “Imprinted: Illustrating Race” exhibits’ catalog, and Leonard Davis, collector of memorabilia joined us to talk and answer questions.

The exhibit showed the evolution of how Blacks were negatively illustrated to millions of Americans in weekly magazines and other publications. During slavery, the images were always of Blacks in servile positions - as maids or as domestics. After the Civil War and during Reconstruction, negative images were deliberately drawn to demean the Black man in his new role. These images were etched in the minds of the white man, so much so they were effective in restricting Blacks in housing opportunities, in voting rights, and in the schools they could attend.

It wasn't until the Civil Rights movement that changes started to take place in the illustration and news stories of the Black man. These new images were vibrant, powerful, and colorful. Artists were committed to speaking out to tell the story of the Civil Rights movement.

I had the opportunity of hearing Leonard Davis, a collector of artifacts, talk to us about the items in his collection. They included the iconic Aunt Jemima pancake box, whose image was removed two years ago in response to protests of systematic racism in the advertising business. The picture was never of the maker of the recipe for flap jacks, Nancy Green, and the company never compensated her.

He had boxes of B&D Coffee, The Gold Dust Twins\Washing Powder, Uncle Ben's Rice, and Cream of Wheat. He explained how the images were constantly rethought and envisioned to help sell the product accounting for millions of dollars being made.

He told us the story of a slave who designed and sewed dresses for her mistress, who wore them to her parties, took orders from her friends, and had her slave make the dresses while she pocketed the money. The slave ran away and the owners offered a bounty of \$100.00 for her capture and return.

The exhibit ended with contemporary pieces including artist Kadir Nelson. Someone described the exhibit as an American mosaic pieced together by many hands.

I must say that I was initially intrigued that such an exhibit would be presented at the Norman Rockwell Museum. The exhibit, the tour guides, and the guests did not disappoint. We toured the studio where Norman Rockwell created his iconic work.

It was indeed an exciting and memorable experience. As the majority of the women in our tour group were older, I'm sure they brought their history with them as well. We knew that we had publications to celebrate pictures and images of Black lives: the NAACP's, The Crisis; Johnson's Ebony and Jet magazines; as well as weekly Black publications.

I'm glad that a curriculum has been designed for grades 6 to 12 to inform and enlighten our young people about this period in our history and the importance of being ever-vigilant. The exhibit ended on October 30th, but you can go to nrm.org to see photos, reviews, and more information about the exhibit.

Guest Writer Yvonne Hall is a member of the Senior Advisory Council (SAC) under Myrtle Avenue Brooklyn Partnership (MABP).



CULTURE CORNER

Culture Corner was inspired by THIRD CHAPTER LIVING Editorial Board members Sheila Cox and Selma Jackson

BROADWAY HONORS TWO NOTABLE AFRICAN AMERICANS BY SELMA JACKSON

The pandemic has caused the loss of many lives, but it has also caused the world to reexamine its values. Not all outcomes have been good, but in the world of entertainment, arts and culture we are seeing an awakening an acknowledgement of omissions.

You may attend events now where at the beginning is an announcement of the land we use as first occupied by the Native people who cared for the land and a brief history about the tribes.

We are seeing more theater productions with Black, Latinex and LGBTQIA actors. But what is noteworthy is the recent renaming of two Broadway theaters:

The John Cort Theater is now the James Earl Jones Theater dedicated on Sept 22, 2022 to a living legend. This theater was chosen because his Broadway debut in Sunrise at Campobello in 1958 was there.

On Nov 1, 2022 the Brooks Atkinson Theater was renamed the Lena Horne Theater, the first in honor of an African-American woman.

Two theaters renamed within two months is a significant. The renaming of August Wilson theatre was in 2005, the year he died. An honor so well deserved as he chronicled Black life in 10 plays: *Gem of the Ocean, Two Trains Running, Piano Lesson, MA Rainey, Fences, Radio Golf, Jitney, King Headley, What I Learned, and Joe Turner's Come and Gone!*

I wonder who will be next Sidney Poitier, Cecile Tyson or Harry Belafonte?!!



LIFE IS FULL OF DRAMA THEATER, THEATER EVERYWHERE!

BY SELMA JACKSON



This year AFCBI took advantage of getting out to the theater whether as a group or on our own! There was much to see and discounts were available.

As a group we went to see *MJ the Musical!* It was spectacular!! It captured the many facets of his personality that allowed the creativity in his music to come forth! All who went had a great time.

We as a group went to see *Death of Salesman* with an all Black cast starring Wendell Pierce. It's closing Jan 15 so do go if you did not join the group.

PIANO LESSON is returning to Broadway also for a short run closing Jan 29. Get your tickets!

A Revival of *Raisin in the Sun* also played at the Public Theater. It was a short run and was extended to Nov 20,

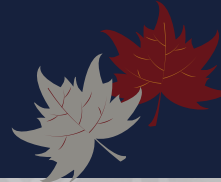
People want to get out to see plays about life and the theaters are responding. We plan to include Broadway theater in our programming each year. If there are events and performances you'd like to see please bring them up at our monthly meeting.



Mark your Calendar & Save the Date

DECEMBER

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN JANUARY AND FEBRUARY 2023



Every Month we have our ongoing:

Monthly meeting – 2nd Tuesday of the month

Elder Luncheon – 4th Wednesday of the month

DECEMBER 2022

Dec 13, 2:30PM-4:30PM –
Monthly AFCBI Meeting
Quincy Senior Residences
625 Quincy Street –
Community Room
Between Stuyvesant & Lewis
Avenues (closer to Lewis)

Dec 21, 1:00PM-3:00PM –
Holiday Lunch
Weeksville Heritage Center –
TBA
158 Buffalo Avenue
Between Bergen Street & St.
Marks Ave

Dec.28, Time: 2:00PM -4:00PM
Kwanzaa Celebration.
Location:
Kwanzaa Celebration
Macon Library
361 Lewis Avenue
Between Macon and Halsey
Streets

JANUARY 2023

Jan 10, 2:30PM-4:30PM – Monthly AFCBI
Meeting
Quincy Senior Residences
625 Quincy Street – Community Room
Between Stuyvesant & Lewis Avenues
(closer to Lewis)

Jan 16 Time: TBD –
Virtual Vision Board Prep Party

Jan. 25, 1:00PM-3:00PM –
Elder Luncheon. Location: TBD

FEBRUARY 2023

Feb 14 Time: TBD –
Vision Board Party. Location: TBD

Shortened February Monthly Meeting
to take place on Feb 14 prior to the
Vision Board Party

Feb 22 1:00PM-3:00PM –
Elder Luncheon. Location: TBD





Making Central Brooklyn a great neighborhood to age-in-place!

FACT SHEET

Contact: Donna Williams, secretary@agefriendlycb.org; 917-940-3676

Website: <https://agefriendlycb.org/>

What is Age Friendly Central Brooklyn (AFCBI)?

Formerly Age Friendly Bedford-Stuyvesant & Crown Heights, AFCBI is a community-based organization led by a volunteer group of older adults that builds upon the rich experience of adults age 62 and older to ensure they can age in place. Through intentional outreach, AFCBI leverages local resources to improve their overall quality of life. Our Age Friendly Ambassadors engage other older adults in a myriad of activities to meet the social, economic, cultural and civic needs of this growing population.

Who are the AFCBI members?

AFCBI members are 62 and older, predominately retired women of African descent, living in Central Brooklyn. AFCBI pays particular attention to those who may be living in isolation and/or leading sedentary lifestyles. Membership is based on certain requirements. All applicants must:

- o Be at least 62 years of age
- o Complete a membership application and pay an annual membership fee of \$25 due in September
 - o Make a one-year commitment to the program
 - o Attend orientation (held 1st Tue of the month)
- o Volunteer at least six hours per month: two hour monthly meeting and four hours in a cohort group

Members are required to attend a monthly meeting held every second Tuesday of the month. Meetings are generally held in-person, however in case of an emergency such as COVID-19, our monthly meetings are held electronically via Zoom. AFCBI offers two categories of membership, volunteers and Ambassadors.

- o Non-members (formerly participants): Individuals who sign up for our special events.
- o **Volunteers:** Individuals who want to share their time, talent and treasure to engage an intergenerational audience in a myriad of activities throughout Central Brooklyn. After two years of continuous volunteer service, volunteers earn the title of Age Friendly Ambassador.
- o **Ambassador:** Individuals who meet the minimum time commitment of at least four (4) cohort activity hours per month are eligible to become an Age Friendly Ambassador



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A core requirement of membership is to join one, but no more than two, of the seven Cohort Groups below. Members are able to self select based on their personal interests: **1. Advocacy; 2. Communications; 3. Economic Empowerment; 4. Health & Wellness; 5. Intergenerational; 6. Membership & Volunteer Services; and 7. Social Inclusion.**

What programs or services does AFCBI provide?

AFCBI offers a variety of programs and services to promote healthy aging and longevity including: Cooking Classes, Chair Yoga and Meditation Sessions by Tameeka Nicole, EmergeSoul, Arts and Crafts, Technology Skills Acquisition, and more.

Where are AFCBI programs offered?

Programs are offered in a variety of locations throughout Central Brooklyn including community and faith-based organizations, schools, libraries, museums, restaurants, theaters, health facilities and parks. Since COVID-19, our programs and services have been online via Zoom.

What are the funding sources for AFCBI?

Age Friendly Central Brooklyn, Inc (AFCBI) is grateful for the generosity of funding sources that have provided general operating support. We give thanks to NYS Children and Families, NYC Discretionary funding, and Brooklyn Community Foundation. Additionally, we also received funding from Buckhorn Association, Citizens Committee for New York (CitizensNYC), EBC (Emmanuel Baptist Church), NYAM (New York Academy of Medicine) and SDOP (Self Development of People).