



**age  
friendly**  
CENTRAL BROOKLYN

**THIRD CHAPTER LIVING**



APRIL IS ABOUT AFCB BLOSSOMING

**ISSUE 25 | APRIL 2023**



# THIRD CHAPTER LIVING

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



## EDITOR IN CHIEF

Donna Williams

## EDITORIAL

*Contributing Writer Sheila Cox*

*Contributing Writer Selma Jackson*

*Contributing Writer Glenda Patterson*

*Guest Writer Joanne Nabors*

## ART & PHOTO

*Designer Olayemi “Yemi” Odesanya*

*Distributor & Photographer Sheila Cox*

*Photographer Velvet Hall*

For information about **Age Friendly Central Brooklyn, Inc.** (AFCBI) and **THIRD CHAPTER LIVING** (TCL), or if you are interested in writing for TCL, contact: [secretary@agefriendlycb.org](mailto:secretary@agefriendlycb.org).

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## IN THIS ISSUE...

Greetings Age Friendly Community,

Age Friendly Central Brooklyn Inc, (AFCB) is blooming, blossoming, as interest in the organization continues to grow!

April is the anniversary month of AFCB. Happy 11th anniversary AFCB!

This month we give a Birthday Shout Out to **Patricia Morris, Holistine Grant, Velvet Hall, Barbara Jackson, Beverly Groce, Theresa Phillips, Portland Zinerman, and Brenda Watts- Larkin** celebrating their birthday in April.

Guest writer and AFCB member **Joanne Nabors** shares with us what she learned at the LiveOn New York Conference in January. And to mark Stress Awareness Month, Contributing Writer and AFCB Ambassador **Glenda Patterson** tackles the question, What Are Stressors?

Check out the upcoming list of events and meetings on our Save The Date/Mark Your Calendar page.

Coming up in the May issue, we celebrate the one-year anniversary of the unveiling of the art quilt, ART EXHIBITION MAS Live More, with reflections from M.A.S. (Meditation, Arts, Storytelling) participants.

Continue to stay safe,

Donna Williams  
Editor in Chief  
THIRD CHAPTER LIVING

HAPPY

# Birthday

FOR APRIL

As we celebrate those with a birthday in April, we also observe the 11th anniversary of Age Friendly Central Brooklyn, Inc (AFCB).

- 4 - Patricia Morris
- 12 - Holistine Grant
- 21 - Velvet Hall
- 21 - Barbara Jackson
- 22 - Beverly Groce
- 25 - Theresa Phillips
- 27 - Portland Zinerman
- 29 - Brenda Watts- Larkin

## Factoids about April

Birthstone is the diamond.

Healing powers attributed to diamonds are balance, clarity, and energy, The most popular diamond alternative gemstones are white topaz and quartz.

Flower is Daisy or Sweet Pea

Daisies often symbolize beauty, innocence, love or purity. They can also mean, "I'll never tell." Sweet Peas are also birth flowers for April.

## Horoscope Sign

Aries March 21 - April 19

Taurus April 20 - May 20

# BUILDING THE FUTURE TOGETHER

BY JOANNE NABORS

On January 25, all roads led to a virtual conference on aging sponsored by LiveOn NY, the largest and leading aging conference in New York State. The theme of this year's conference, which I attended, was Building the Future Together. LiveOn is committed to making sure every New Yorker has access to support and services to thrive as we age. LiveOn's goal is to provide a platform to rethink what aging is and to take on the challenges and leverage the opportunities before us.

## Overview

I registered for the workshop sponsored by Plant Powered Metro New York. Evidence-based nutrition suggestions were shared to prevent and treat the most common chronic diseases of aging and how you can put nutritious meals into practice. Core nutrition concepts were shared to reduce the prevalence of multiple chronic conditions among older adults and reduce the prevalence of medications.

If you have a distaste for meatless meals, there are new and evolving food standard requirements that offer dishes with exceptional flavors. This is accomplished by preparing meals that optimize flavor through healthy swaps.

## Topics included the following:

1. Data driven research on healthy aging, longevity, and disease prevention.
2. Exploring nutrition science in relation to healthy aging, disease prevention, and longevity.
3. Understanding basics of whole food and plant-based nutrition.
4. Viewing a culinary demonstration.
5. Reviewing recommendations in preparing and presenting healthy plant-based meals.

## Workshop Highlights

1. There has been a drastic change in life expectancy for Black people:
2. 2019: 74.8; 2020: 71.5; and 2021: 70.8.
3. A direct correlation exists between animal protein consumption and cancer.
4. The standard American diet consists of 56% processed food; 33% animal food; and 11% plant food! A more plant-based diet will significantly improve your health and wellness.
5. Heart disease can be reversed.

## **Suggestions for lifelong health:**

1. Eat primarily plant foods that have the highest nutrient density and more fiber to improve gut health which reduces inflammation throughout the body. It is helpful to replace animal protein with plant protein.
2. Eat primarily whole foods such whole grains, vegetables, legumes, fruits, nuts & seeds with enticing colors and variety into meals and snacks!
3. Keep dietary fat consumption low.

When whole food, plant-based nutrition is implemented there are several benefits on aging:

- disease prevention
- extended lifespan and health-span
- improved cognitive health
- increased energy levels
- maintenance of muscle function

Finally, there were demonstrations of easy, plant-based dishes that contained the best plant-based protein sources consisting of beans, lentils, oats, chickpeas, nuts, edamame, hemp seeds, quinoa, and tofu.

It is not too late to begin to live a healthier life.

**Change your plate and transform your health!**

Joanne Nabors is a member of Age Friendly Central Brooklyn, Inc, and chair of the Health & Wellness Cohort.

# WHAT ARE STRESSORS?

BY GLENDA PATTERSON

April is Stress Awareness Month. This month, try to identify your triggers and work towards eliminating the stressors in life.

Here is a list of stressors:

1. Physiological
2. Lifestyle
3. Major life event stressors
4. Organizational stressors
5. Financial stressors
6. Social stressors
7. Environmental stressors

Stressors are simply any cause of stress. The National Institute of Mental Health defines stress as our body's response to demands or challenges of any kind.

We all have some kind of stressors. Stressors can be good like graduations, weddings, and promotions. Stressors can be bad as well creating health problems, and workplace problems.

These are just some of the stressors that you may have experienced but it is good to know the diverse types of stressors so you can effectively manage your stress.

What has helped me with stress is my meditation. Even if you do not have time to meditate, I recommend you inhale and exhale deeply three times to relieve your stress. I learned that from my meditation instructor!

# Save The Date

APRIL & MAY 2023

PLEASE MARK YOUR CALENDAR FOR THE MONTH OF APRIL & MAY



## Every Month we have our ongoing:

Weekly Tue & Thu – Chair Yoga, 10:15AM-11AM Classes are virtual for now @ EmergeSoul.com

Weekly Wed – Meditation Classes are virtual for now, 10:00AM @ EmergeSoul.com

Orientation Meeting – 2nd Tuesday of the month, 1:00PM-2:00PM – Cancelled for April

Monthly Meeting – 2nd Tuesday of the month, 2:30PM-4:30PM

Elder Wednesday Luncheon – 4th Wednesday of the month, 1:00PM -3:00PM

## APRIL 2023

11 – General Meeting, 2:30PM-4:30PM@ Restoration Plaza  
1368 Fulton Street  
Brooklyn, NY 11216

18 – Cohort Leadership Council Meeting, 1:00PM-3:00PM@ Tameeka's Studio,  
380 Stuyvesant Ave  
Between MacDonough & Malcolm X  
Brooklyn, NY 11233

26 - Anniversary Elder Wednesday Luncheon  
1:00-3:00PM  
Location: Patrick Steakhouse  
227 Rogers Avenue  
Between Union and President Street  
Brooklyn, NY 11225

## MAY 2023

9 – Mother's Day Brunch, 12PM-2PM  
Hosted by Council Member Chi Ossé @ Restoration  
1368 Fulton Street  
Brooklyn, NY 11216

17 – Assembly Member Stefani L. Zinerman's Vision 56, 6:00PM-8:00PM; Doors open 5:30PM  
Uncommon Charter High School  
1485 Pacific Street  
Cross Streets: Brooklyn and Kingston Avenues,  
Brooklyn, NY 11216

17 – Beyond The Stage: Taking Bed-Stuy Worldwide, 5:30PM-7:30PM  
Restoration's Lobby  
1368 Fulton Street  
Brooklyn, NY 11216

23 – General Meeting, 2:30PM-4:30PM  
Restoration Plaza  
1368 Fulton Street  
Brooklyn, NY 11216

24 – Elder Wednesday Lunch, 1:00PM-3:00PM,  
Location: TBA

