

THIRD CHAPTER LIVING

BLACK

HISTORY

month



ISSUE 23 | FEBRUARY 2023



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

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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



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IN THIS ISSUE...

Greetings Age Friendly Community,

This month, as we celebrate Black History Month, we acknowledge the achievement of Congressman Hakeem Jeffries to the position of Leader of the House Democratic Caucus.

February Birthday Shout Outs are **Alyce Baker, Denise Gray, Sharon Lyons and Lynette Lewis-Rogers.**

Make sure you check out our monthly calendar. Our list of activities for February and March is robust including: **Vision Board Party** on Feb 14; **take a ride to Albany, NY** courtesy of Assembly Member Stefani L. Zinerman, on Feb 18; **Elder Wednesday Luncheon** on Feb 22; documentary screening and discussion, ***In Our Heads About Our Hair***, on March 7, and **Art Exhibition MAS Live More** on March 8.

Continue to stay safe,

Donna Williams
Editor in Chief
THIRD CHAPTER LIVING



Happy BIRTHDAY

SHOUT OUT!

Please join as we give a big SHOUT OUT to the folks who have a birthday in
FEBRUARY.

FEBRUARY

5 - Lynette Lewis-Rogers

25- Alyce Baker

27 - Denise Gray

28 - Sharon Lyons

February Factoids

Birthstone: Amethyst

Represents symbol of personal empowerment and inner strength

Flower: Violet

Horoscope Sign

Aquarius: January 20 - February 18

Pisces: February 19 - March 20



CONGRATULATIONS! CONGRESSMAN HAKEEM JEFFRIES



This year, during Black History Month, we celebrate the historic ascendance of representative Hakeem Jeffries as the first Black lawmaker to lead a major party's caucus in either chamber of Congress.

Several Age Friendly Central Brooklyn, Inc (AFCBI) members share their thoughts about Congressman Jeffries and what he means to our community and to this moment in history.

From town hall meetings in familiar community outdoor landmarks, to telephone question and answer information sessions, to joining in for ecumenical worship services, to presenting a consistent and clear mission on the tasks he has been charged to do, Congressman Hakeem Sekou Jeffries represents constituents in concrete ways that fundamentally improve our lives. His ascension to leading a major party caucus is stellar and judiciously earned.

- Marlienne Christian

I first met Rep. Hakeem Jeffries a few years ago on my way to my voting site. He shook my hand and told me he was running for Congress to improve the lives of the people in my community. His sincerity convinced me to vote for him. Today, I can truly say he has kept his promise. I am so proud of the work he's done and his rise within the Democratic Party. Congratulations Rep Hakeem Jeffries, you are a true representative for the American people!!!

- Linda Hawkins

Congressman Jeffries you may remember when you first launched a campaign for office I said it wasn't quite the right time. You lost that bid, but returned to run again and I was pleased to vote for you. I had your ear because your first campaign office was Hanson Pl side of 4W Circle!! You have worked to build community, collaboration and to provide service to your constituents. In so doing you, you exhibited qualities to serve our country and the opening of the 118th Congress confirmed those qualities! I am so proud to say not only are you minority leader of the Democrats, but you are my Congressional Representative!! Blessings to you in this next journey of serving the people of Brooklyn and the United States of America!

- Selma Jackson

I had the pleasure of meeting representative Hakeem Jeffries a few years ago. He spoke at a Valentine's Day celebration for the Age Friendly Community sponsored by the 79th precinct, I believe. It's with great gratitude for me to bear witness to the honorable representative Hakeem Jeffries for his historic ascendance as the first Black person to lead in a position of power. There is no doubt in my mind that he will provide exceptional service to the American people as the leader of the House Democratic caucus for the 118th Congress. He is a beacon to follow, with such bright light, and another gift to our nation. Honestly, I can't help but have confidence in his leadership, and because it is representative Hakeem Jeffries who leads, I see only success going into 2024, as well as anywhere else he goes.

- Sharon Lyons

Hakeem Jeffries is a fulfillment of Dr. King's dream that ordinary Blacks will be able to sit at the seat of power as equals to their white counterparts. It is a triumph of the American promise.

- Alsuna Millington

His dedication and hard work has won him a place in history, I feel in the future he will be our second Black president

- Renee Williams

Mark your Calendar & Save the Date

FEBRUARY 2023

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN MARCH 2023

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 @ EmergeSoul.com

Monthly Meeting – 2nd Tuesday of the month

Elder Wednesday Luncheon – 4th Wednesday of the month

FEBRUARY 2023

Feb 14, 2:00pm -
Love Your Vision, Vision Board Party.
Skylight Gallery at Restoration Plaza
1368 Fulton Street – 3rd Floor
Brooklyn, NY 11216

Feb 18
NYSABPRHAL's 52nd Annual Legislative Conference
Assembly Member Stefani L. Zinerman Bus Trip to Albany, NY
Bus departs @ 6:30AM sharp from Restoration Plaza, 1368 Fulton
Street
Bus returns @ 6:30PM

Feb 22 1:00PM-3:00PM
Elder Wednesday Luncheon
Cornbread Farm to Soul -Restaurant
409 Eastern Parkway
Brooklyn, NY 11216

MARCH 2023

Mar 7, Documentary Screening &
Discussion, In Our Heads About Our
Hair @The Billie Holiday Theatre
1368 Fulton Street
Brooklyn, NY 11216
Doors Open: 5:00PM
Screening: 6:00PM

Mar 8, ART Exhibition MAS Live
More @ Macon Library
361 Lewis Ave at Macon Street
Brooklyn, NY 11233

Mar 14 – Orientation for new
members 1:00PM @ Quincy Senior
Residences
Quincy Senior Residences
625 Quincy Street
Between Stuyvesant & Lewis Ave.
Brooklyn, NY 11221

Mar 14, General Meeting, 2:30-
4:30PM @ Quincy Senior
Residences

Mar 22 Elder Wednesday Lunch,
1:00-3:00PM, Location: TBA

*Note date change: Orientation
has been moved to the same day
as the General Meeting, the
second Tuesday of the month, at
1:00PM





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 October
- o Make a one-year commitment to the program
- o Attend orientation (held 2nd 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

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).

