

THIRD CHAPTER LIVING

Are you ready

for

2023 ?

ISSUE 22 | JANUARY 2023

THIRD CHAPTER LIVING

ISSUE 22 | JANUARY 2023

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

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

Funding for **THIRD CHAPTER LIVING** is made possible by the New York Academy of Medicine (NYAM) and Self Development of People (SDOP).



IN THIS ISSUE...

Greetings Age Friendly Community,

Happy New Year to everyone!

As we begin the New Year, we ask the question, Are you ready for 2023? What do you want for your headline this year?

In this issue we look back at **our accomplishments for 2022**. Several members, **Annette Alleyne Merritt, Sundra Franklin, Joanne Nabors, Bertha Nelson, and Shirley Stevens** celebrate their birthday this month and we mark **Bath Safety Month** by offering eight tips to safeguard your bathroom.

Check out the monthly activities calendar. **Joanne Nabors** and **Beverly Reid** attended the **LiveON New York Conference on Aging** in January and will be reporting back in later in issues. Join us for the **Vision Board Party** on Feb 14; **take a ride to Albany, NY** courtesy of Assembly Member Stefani L. Zinerman, on Feb 18; and lunch at Cornbread's on Feb 22 for an **Elder Wednesday Luncheon**.

Continue to stay safe,

Donna Williams
Editor in Chief
THIRD CHAPTER LIVING



HAPPY

Birthdays

TO YOU!



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

January

2 - Joanne Nabors

14 - Shirley Stevens

17 - Bertha Nelson

24 - Annette Alleyne Merritt

26 - Sundra Franklin

Factoids about January

Birthstone: Garnet

Represents symbol of love and
friendship

Flower: Carnation and Snowdrop

Horoscope Sign

Capricorn: December 22 - January 19

Aquarius: January 20 - February 18





As we kick-off a new year, 2023, we look back at our accomplishments for 2022 in three areas: funding, activities and administrative. While we appreciate what we have accomplished, we believe there is so much more we can do together to grow Age Friendly Central Brooklyn, Inc. (AFCBI). This year, let's build upon these accomplishments to inspire, enrich and empower older adults throughout Central Brooklyn!

ACCOMPLISHMENTS for 2022

1. Funding:

- NYS GRANT FY 2022 & 2023
- NYC GRANT 2022 & 2023
- CITIZENS COMMITTEE NYC
- BROOKLYN COMMUNITY FOUNDATION

2. Activities: Finally getting back together in-person.

- Vision Board Party
- MAS Exhibit of Quilt
- Trip to Albany for Caucus Weekend
- 10th Anniversary celebration of AFCBI
- Spring Clean Fling!
- Chair Yoga/Movement Class
- Elder Wednesday Luncheons
- New partner with Granny & Me which strengthens our intergenerational connection.
- Digital Capabilities Classes
- Broadway plays: MJ The Musical and Death of a Salesman
- Visit to Norman Rockwell Museum to see IMPRINTED: ILLUSTRATING RACE
- ACTIVE AGING WEEK with each day thematically scheduled
- Holiday Party
- Kwanzaa Celebration

3. Administrative:

- Reinstated our membership fee which shows how our members are interested in supporting our program
- Website redesigned and up
- 1023 filed for tax exemption status
- Retaining the services of Tameeka Ford to put our finances in order
- Beginning the search for consultants to provide Administrative support
- Published seven issues of THIRD CHAPTER LIVING

STAYING SAFE IN YOUR BATHROOM



BY DONNA WILLIAMS

According to the CDC, the bathroom is the most dangerous place in the home for older adults with 81% of all injuries in the bathroom attributed to falls. January is National Bath Safety Month!

Take a moment to assess your bathroom to make sure it is a safe place.

Here are eight quick, easy and relatively inexpensive ways to safe-proof your bathroom.

- 1 REDUCE CLUTTER AND KEEP YOUR BATHROOM CLEAN AND ORGANIZED**
- 2 KEEP BATH NECESSITIES AT ARM'S REACH TO AVOID BENDING DOWN AND POSSIBLY SLIPPING OR SPRAINING YOURSELF**
- 3 INSTALL NO-SLIP MATS IN THE BATH COVERING THE ENTIRE SURFACE, NOT DECALS, TO HELP PREVENT SLIPS IN THE TUB**
- 4 INSTALL GRAB BARS IN THE BATHTUB OR SHOWER STALL TO HELP WHEN ENTERING AND EXITING**
- 5 INSTALL GRAB BAR NEAR THE TOILET TO HELP STANDING UP FROM TOILET**
- 6 INSTALL A NIGHTLIGHT IN THE BATHROOM TO HELP WITH ORIENTATION AND PREVENT FALLS GETTING TO AND FROM THE BATHROOM**
- 7 INSTALL A HANDHELD OR ADJUSTABLE SHOWER HEAD**
- 8 KEEP ELECTRICAL APPLIANCES AWAY FROM WATER**



Mark your Calendar & Save the Date

JANUARY 2023

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN FEBRUARY 2023

Every Month we have our ongoing:

Monthly meeting – 2nd Tuesday of the month

Elder Luncheon – 4th Wednesday of the month

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: 11AM–
Virtual Vision Board Prep Party

Jan. 25,
Elder Luncheon Cancelled

Jan 25-27
LiveOn NY's 33rd Annual Conference
on Aging & Sponsor Expo (Virtual)

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 15, 2:30PM-4:30PM
Monthly AFCBI Meeting. Virtual

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



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).