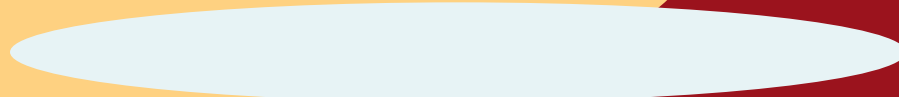




**age
friendly**
CENTRAL BROOKLYN

THIRD CHAPTER LIVING



**CELEBRATE BLACK MUSIC
MONTH
ISSUE 27 | JUNE 2023**

THIRD CHAPTER LIVING

ISSUE 27 | JUNE 2023

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

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IN THIS ISSUE...

Greetings Age Friendly Community,

In this issue, we send birthday wishes to all of our members celebrating their special day during the summer including **Deborah Coulthurst Bryant, Deborah Gregory, Dianne Manago, Linda Laverpool, Marie Wilson, Monalisa Jiggetts, Patricia Washington. Pearl Jones, Sandra “Sandy” Elder, and Willie Mae Banner.**

Sharon Lyons pays tribute to Dads with a poem for Father's Day and **Glenda Patterson** offers thoughts on Happiness.

Linda Hawkins shares her experience at the Senior Games. Did you know we have Senior Olympians within our membership?

For **June Black Music Month**, we honor notable music icons **Harry Belafonte** and **Tina Turner** who recently passed, and we mark the 50th anniversary of Hip Hop.

We don't publish during the summer, taking July and August off. But that doesn't mean we aren't planning for the fall.

In October we celebrate **10 years of Active Aging Week**. Mark **October 2-8, 2023, on your calendar** and plan to join us. We invite you to come out into the community, participate in a new activity, meet new people and of course move your body!

We'll be back publishing in September. Enjoy the summer!

Continue to stay safe.

Donna Williams
Editor in Chief
THIRD CHAPTER LIVING

HAPPY BIRTHDAY SHOUT OUT!

Birthday wishes to everyone!

Since we don't publish in July and August, we decided to give a Happy Birthday Shout Out to all of our folks with a birthday during the summer beginning with June.

JUNE

5 - PEARL JONES

17 - SANDRA "SANDY" ELDER

BIRTHSTONE: PEARL, ALEXANDRITE,
AND MOONSTONE

FLOWER: ROSE AND HONEYSUCKLE

ZODIAC SIGN

GEMINI: MAY 21- JUNE 20 AND

CANCER: JUNE 21 - JULY 22

JULY

4 - DIANNE MANAGO

9 - LINDA LAVERPOOL

10 - MARIE WILSON

17 - MONALISA JIGGETTS

21 - PATRICIA WASHINGTON

BIRTHSTONE: RUBY

BIRTH FLOWERS: WATER LILY AND
LARKSPUR

ZODIAC SIGN

CANCER: JUNE 21 - JULY 22 AND LEO:

JULY 23 - AUGUST 22

AUGUST

8 - DEBORAH GREGORY

11 - WILLIE BANNER

29 - DEBORAH COULTHURST
BRYANT

BIRTHSTONES: PERIDOT,
SARDONYX, AND SPINEL
BIRTH FLOWER: GLADIOLUS OR
POPPY

ZODIAC SIGN

LEO: JULY 23 - AUGUST 22 AND
VIRGO: AUGUST 23 - SEPTEMBER 23





POEM BY SHARON LYONS FOR FATHER'S DAY



FATHER'S DAY

TODAY WE HONOR THE DADS REGARDLESS OF WHAT KIND
YOU HAD.

FOR WITHOUT HIM YOUR LIFE YOU WOULD NOT HAVE.

FOR ALL THOSE WHO WERE ABLE TO GIVE THE BEST THEY
HAD.

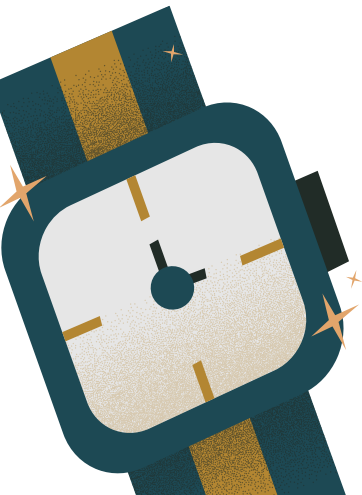
LIKE THE RADIANCE OF DIAMONDS, RUBIES AND ONYX AND
PEARLS IN A KING'S CROWN.

MAGNIFICENCE, WORTH LOOKING UP TO.

BRAVO TO YOU!

THANK YOU, DAD.

SHARON LYONS, WRITTEN JUNE 4, 2023



AGE FRIENDLY MEMBERS TAKE HOME THE GOLD, SILVER & BRONZE!

BY LINDA HAWKINS

In June, several Age Friendly Central Brooklyn, Inc. (AFCBI) members attended the “2023” Senior Olympics Games in Cortland, NY and medaled!

AFCBI members competed in bowling, shuffleboard and the 5k Power walk, winning Bronze, Silver and Gold Medals. “Congratulations” to Linda Hawkins, Sharon Lyons, Deborah Gregory, Doris Smith and Renee Williams our Senior Olympic Games winners.



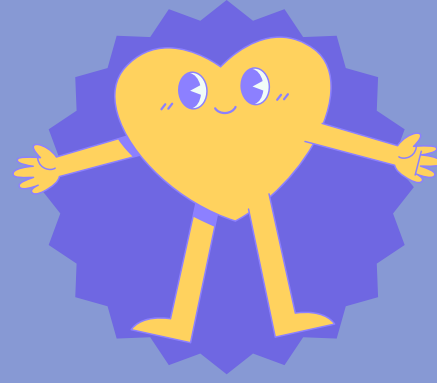
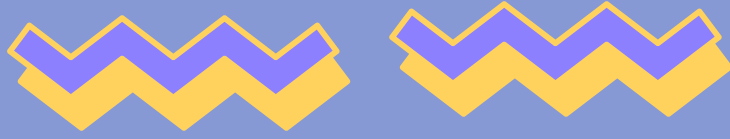
Standing from left to right: 2023 Senior Olympic winners Deborah Gregory, Doris Smith, Sharon Lyons, and Linda Hawkins



Attendees of the 2023 Senior Olympics in Cortland, NY

HAPPINESS

BY GLENDA PATTERSON



HAPPINESS IS IMPORTANT TO YOUR WELL-BEING. EXPERIENCING HAPPINESS IS IMPORTANT FOR YOUR EMOTIONAL AND PHYSICAL HEALTH. TO IMPROVE YOUR HAPPINESS, YOU NEED TO HELP OTHERS, KEEP ACTIVE, GET GOOD SLEEP, AND TO EXERCISE.

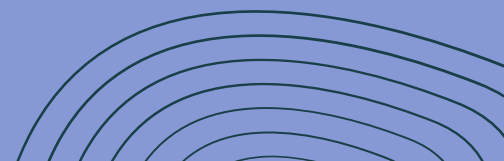
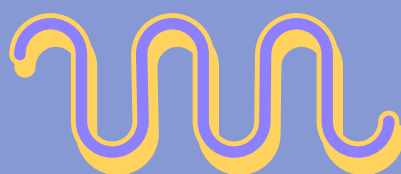
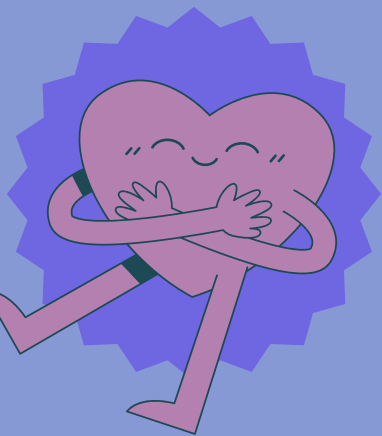
HAPPINESS IS AN EMOTION THAT WE NEED TO WORK ON BECAUSE IT IS NOT A PERSONALITY TRAIT. UNDERSTANDING HAPPINESS IS IMPORTANT. HERE ARE SEVEN REASONS WHY:

1. HAPPY PEOPLE ARE MORE SUCCESSFUL
2. HAPPY PEOPLE MAINTAIN BETTER RELATIONSHIPS
3. HAPPY PEOPLE HAVE LESS STRESS.
4. HAPPY PEOPLE LIVE LONGER LIVES.
5. HAPPY PEOPLE ARE MORE CREATIVE.
6. HAPPY PEOPLE ARE HEALTHIER.
7. HAPPY PEOPLE ARE MORE GENEROUS

I AM GOING TO END THIS ARTICLE BY SAYING JUST DOING WHAT IS GOING TO MAKE YOU HAPPY, WHETHER IT IS PAINTING, WRITING, DRAWING, KICKBOXING, JOGGING, OR LISTENING TO PODCASTS.

YOUR HAPPINESS IS WHAT MATTERS.

CHECK OUT THE TINA TURNER AFFIRMATION PAGE THAT FOLLOWS AND READ WHAT TINA SAYS ABOUT HAPPINESS.



TINA TURNER



Known as the Queen of Rock 'n' Roll, Tina Turner, born Anna Mae Bullock, was a singer, songwriter, and actor. Married to Ike Turner, she was the lead singer of the Ike and Tina Turner Review where she electrified audiences with her rendition of Proud Mary (1971). After a much-publicized split from Ike, she launched a successful career as a solo performer. Her multi-platinum album, Private Dancer (1984) contained the hit What's Love Got to Do With It (1984). Other hits include We Don't Need Another Hero (1985), The Best (1989), and GoldenEye (1995). She appeared in the feature films Tommy (1975) and Mad Max Beyond Thunderdome (1985).

QUOTES

"SOMETIMES YOU'VE GOT TO LET EVERYTHING GO - PURGE YOURSELF. IF YOU ARE UNHAPPY WITH ANYTHING...WHATEVER IS BRINGING YOU DOWN, GET RID OF IT. BECAUSE YOU'LL FIND THAT WHEN YOU'RE FREE, YOUR TRUE CREATIVITY, YOUR TRUE SELF COMES OUT."

"MY GREATEST BEAUTY SECRET IS BEING HAPPY WITH MYSELF... I BELIEVE THAT A LOT OF HOW YOU LOOK IS TO DO WITH HOW YOU FEEL ABOUT YOURSELF AND YOUR LIFE. HAPPINESS IS THE GREATEST BEAUTY SECRET."

"PEOPLE THINK MY LIFE HAS BEEN TOUGH, BUT I THINK IT HAS BEEN A WONDERFUL JOURNEY. THE OLDER YOU GET, THE MORE YOU REALISE IT'S NOT WHAT HAPPENS, BUT HOW YOU DEAL WITH IT."

Born: November 26, 1939, Brownsville, TN
Died: May 24, 2023 (aged 83), Küsnacht, Switzerland



The Age Friendly Central Brooklyn, Inc.

Culture Corner



Inspired by THIRD CHAPTER LIVING Editorial Board members Sheila Cox and Selma Jackson, for Black Music Month, Culture Corner gives a nod to the 50th anniversary of Hip Hop and notes the passing of music figures during the first half of this year.

HIP HOP

This year marks the 50th anniversary of Hip Hop. What started in the Bronx in the early 70s with DJs, twin turntables, dancers, rapid fire lyrics, and more is now a multi-billion-dollar business. Check out the numerous Hip Hop celebrations throughout New York City this summer.

IN MEMORIAM

Ahmad Jamal was born Frederick Russell Jones, jazz pianist, composer, bandleader, and educator.
Born: July 2, 1930, Pittsburgh, PA
Died: April 16, 2023 (aged 92), Sheffield, MA

Barrett Strong, one of Motown's founding artists, singer and songwriter known for his recording of the label's first hit, Money (That's What I Want)
Born: February 5, 1941, West Point, MS
Died: January 28, 2023 (aged 81), La Jolla, CA

C.J. Harris, born Curtis Harris, singer and songwriter who finished sixth place on the 13th season of American Idol in 2014. His first and only song In Love was released in 2019. Prior to American Idol, he self-released the album, Small Town Boy
Born: January 28, 1991, Jasper, AL
Died: January 15, 2023 (aged 31), Jasper, AL

Charles Thomas, musician and singer, is best known for his work with The Drifters. Recordings include There Goes My Baby (1959)
Born: April 7, 1937, Lynchburg, VA
Died: January 31, 2023 (aged 85), Bowie, MD

David Jolicoeur, rapper known as Trugoy the Dove, Plug Two, and Dave, was a member of the hip-hop group De La Soul
Born: September 28, 1968, New York, NY
Died: February 12, 2023 (aged 54), Location not disclosed

Fred White, drum prodigy who toured with Donny Hathaway and joined the group Earth, Wind and Fire
Born: January 13, 1955, Chicago, IN
Died January 1, 2023 (aged 67), Los Angeles, CA

Gangsta Boo, rapper, born Lola Chantrelle Mitchell, also known as Lady Boo The Devil's Daughter. Member of the group Three 6 Mafia
Born: August 7, 1979, Memphis, TN
Died: January 1, 2023 (aged 43), Memphis, TN

Kevin Lemons, gospel singer, founder and director of Higher Calling, a 100-member choir formed in 1996.
Born: September 12, 1978, Atlanta, GA
Died: January 7, 2023, Union City, GA

Wayne Shorter, jazz saxophonist, composer, and bandleader. In 1959 joined Art Blakey's Jazz Messengers and in 1964 joined Miles Davis's Second Great Quintet
Born: August 25, 1933, Newark, NJ
Died: March 2, 2023 (aged 89), Los Angeles, CA



HARRY BELAFONTE

Harry Belafonte, singer, actor, and activist, who popularized calypso music with international audiences in the 1950s and 60s. Starred in films such as *Carmen Jones* (1954), *Island in the Sun* (1957), *Odds Against Tomorrow* (1959), *Buck and the Preacher* (1972) and *Uptown Saturday Night* (1974). His final feature film appearance was in Spike Lee's *BlackKlanKlan* (2018). Beginning with breaking racial barriers in the 50s with his music, Belafonte continued to be a dynamic force in the civil rights movement for decades.

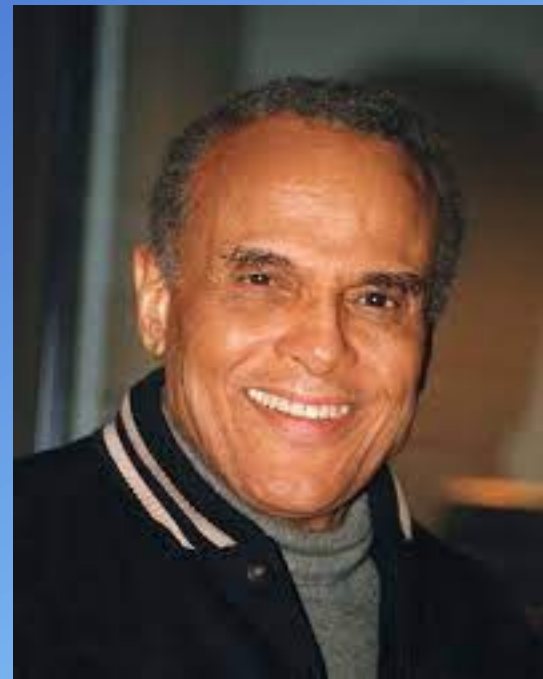
QUOTES

"ARTISTS ARE THE GATEKEEPERS OF TRUTH. WE ARE CIVILIZATION'S ANCHOR. WE ARE THE COMPASS FOR HUMANITY'S CONSCIENCE."

"EACH AND EVERY ONE OF YOU HAS THE POWER, THE WILL AND THE CAPACITY TO MAKE A DIFFERENCE IN THE WORLD IN WHICH YOU LIVE IN."

"WHEN I WAS BORN, I WAS COLORED. I SOON BECAME A NEGRO. NOT LONG AFTER THAT I WAS BLACK. MOST RECENTLY I WAS AFRICAN AMERICAN. IT SEEMS WE'RE ON A ROLL HERE. BUT I AM STILL FIRST AND FOREMOST IN SEARCH OF FREEDOM."

Born: March 1, 1927, New York, NY
Died: April 25, 2023 (aged 96), New York, NY



MONTHLY Activity

Age Friendly Central Brooklyn, Inc (AFCBI) does not meet or host the Elder Wednesday lunches during the summer, therefore there are no activities or events to share. However, we are gearing up for the fall, getting ready for Active Aging Week, October 2-8, 2023.

CELEBRATING 10 YEARS OF ACTIVE AGING WEEK

Mark your calendar, October 2-8, 2023, and plan to join us!



SAVE THE DATE October 2-8, 2023

Age Friendly Central Brooklyn, Inc. (AFCBI) is proud to host its 10th annual Active Aging Week. This fall, we continue our partnership with Myrtle Avenue Brooklyn Partnership (MABP) and NYAM (New York Academy of Medicine) to curate a weeklong campaign of virtual and outdoor events promoting the benefits of an active lifestyle and healthy aging strategies for older adults and celebrating the positivity of aging today.

Open camera and scan to learn more and stay updated on events and activities or [Click Here](#)



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Email: secretary@agefriendlycb.org 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 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:

- *Be at least 62 years of age*
- *Complete a membership application and pay an annual membership fee of \$25 due in October*
- *Make a one-year commitment to the program*
- *Attend monthly meeting (held 2nd Tue of the month)*
- *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.

- *Non-members (formerly participants): Individuals who sign up for our special events.*
- **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**.
- **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 of the seven Cohort Groups below. Members can 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, 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).