

# THIRD CHAPTER LIVING



**Celebrating Women's History Month  
and International Women's Day**

**ISSUE 24 | MARCH 2023**

# THIRD CHAPTER LIVING

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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](mailto:secretary@agefriendlycb.org)



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## IN THIS ISSUE...

### Greetings Age Friendly Community,

March is Women's History Month and March 8 is International Women's Day. This month, Age Friendly Central Brooklyn, Inc. (AFCBI) and **Assembly Member Stefani L. Zinerman** hosted two free back-to-back events in March honoring women of color.

**IN OUR HEADS ABOUT HAIR**, a documentary screening about Black women and their hair on March 7 and an **ARTS EXHIBITION M.A.S Live More** on March 8. Check out our cover story spotlighting the events.

Birthday Shout Out to **Harriet Atkinson, Victoria Graves Cade, and Wilhelmina "Billie" Roberts** celebrating birthdays in March

Guest writer and AFCBI Ambassador **Beverly Reid** shares with us what she learned at the LiveOn New York Conference in January. **Sharon Lyons** shares a poem entitled Human Experiences.

Coming up in **April is our Elder Wednesday Anniversary Luncheon.**

Continue to stay safe,

Donna Williams  
Editor in Chief  
THIRD CHAPTER LIVING



**HAPPY**  
*Birthday*

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

6 - Harriet Atkinson  
6 - Victoria Graves Cade  
10 - Wilhelmina "Billie" Roberts

*Factoids about March*

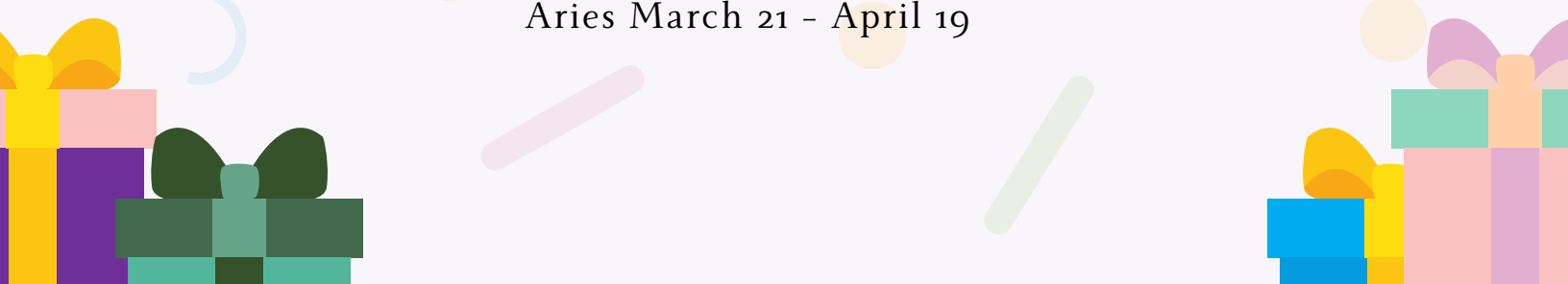
Birthstone: Aquamarine and Bloodstone

Flower: Daffodil and the Jonquil

*Horoscope Sign*

Pisces February 19 - March 20

Aries March 21 - April 19



# CELEBRATING WOMEN'S HISTORY MONTH

In honor of Women's History month and the 2023 theme "Celebrating Women Who Tell Our Stories", Age Friendly Central Brooklyn, Inc. (AFCBI) and Assembly Member Stefani L. Zinerman hosted two events in March.

## IN OUR HEADS ABOUT HAIR

The first event was a free screening of filmmaker Hemamset Angaza's documentary IN OUR HEADS ABOUT HAIR. that examines with candor and humor Black women's issue regarding hair and self-esteem. The screening took place on March 7 at The Billie Holiday Theater, 5PM doors opened; 6PM screening followed by a panel discussion.

IN OUR HEADS ABOUT HAIR was a unique opportunity for us as a collective audience to reflect on our own and societal biases, and to discuss the ongoing politicization of Black hair. Panelists, who shared their journeys to natural hair and offered health tips on hair care include:

- Diane C. Bailey, CEO Emerge, Emerge.nbia@gmail.com
- Natasha Gaspard, Owner Mane Move Media, 646-320-9107
- Diane Da Costa, CEO and founder of SimpleeBEAUTIFUL™, 914-246-1692
- Selma Jackson, President Age Friendly Central Brooklyn
- Assembly Member Stefani L. Zinerman served as the moderator.



Left to right: IN OUR HEADS ABOUT HAIR filmmaker Hemamset Angaza and Assembly Member Stefani L. Zinerman.

Left to right: Diane C. Bailey, CEO Emerge; Natasha Gaspard, Owner Mane Move Media; Diane Da Costa, CEO and founder of SimpleeBEAUTIFUL™; Selma Jackson, President Age Friendly Central Brooklyn; and Assembly Member Stefani L. Zinerman.

# CELEBRATING WOMEN'S HISTORY MONTH CONT.



## ART EXHIBITION M.A.S LIVE MORE

The second was an exhibit showcasing the quilting artwork of members of AFCBI, ART EXHIBITION M.A.S Live More, on display for the month of March at the Macon Library. The kick-off for the exhibit was held on Women's International Day, March 8 at 12PM.

In May 2022, twenty-five (25) members of AFCBI, who participated in M.A.S. (MEDITATION, STORYTELLING, AND ARTMAKING), an art, wellness, and oral history project devised by Harlem-based artist Elvira Clayton and co-facilitated by wellness activist and Brooklyn-based entrepreneur Tameeka Ford, unveiled their art quilt, ART EXHIBITION MAS Live More.

The quilt, now on tour, is a collection of panels created by M.A.S participants and tells individual stories of self-care, self-love and self-empowerment. Designed to serve as a tool to activate further discussions and public events around healing and wellness, the curator of the showing, Mrs. Willie Banner opened the exhibit by sharing her experience with the project.

There was an artist talk with other M.A.S participants including: Evelyn Collier, Barbara Jackson, Selma Jackson, Linda Laverpool, Bernice McNeal, Sharon Lyons, Dorothea Sabir, Gail Gaines Savage and Beverly Reid. Justice Dweynie E. Paul, Supervising Judge of Kings County Civil Court was the guest speaker and closed out the event sharing insight on womanhood, self-determination and building family legacy.



Ms. Tameeka Ford, MSW, M.A.S co-founder and owner of Emergesoul Wellness Boutique  
Credit: Velvet Hall



The Quilt



Ms. Selma Jackson, M.A.S participant and Age Friendly Central Brooklyn President and Ambassador  
Credit: Velvet Hall



Guest speaker Justice Dweynie E. Paul, Supervising Judge of Kings County Civil Court  
Credit: Velvet Hall



Ms. Beverly Reid, M.A.S participant and Age Friendly Central Brooklyn Ambassador  
Credit: Velvet Hall

### M.A.S Participants

Standing on left from left to right: Ms. Dorothea Sabir, Ms. Bernice McNeal, Ms. Gail Gaines Savage, Ms. Velvet Hall and Ms. Linda Laverpool

Standing on right from front to back: Ms. Evelyn Collier, Ms. Barbara Jackson, Ms. Sharon Lyons, and Mrs. Willie Mae Banner





# FRESH FOOD FOR HEALTHY LIVING PRESENTED BY LiveON NY



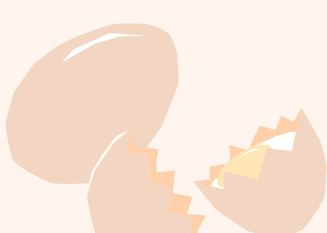

**BY BEVERLY REID**

LiveON NY held its 33rd Conference on aging January 25th- January 27th of this year. One of the sessions held on January 25th, focused on methods of facilitating 'Fresh Food for Healthy Living'. The session was targeted towards government institutions, senior centers and other organizations which provide food for older adults.

Gale Brewer, former Manhattan Borough President and current City Council member representing District 6 in Manhattan, opened the session by outlining the importance of providing the older adult population in NYC with fresh food that also tastes good. She noted that the adult population in NYC 60 years of age and older numbered 1.9 million in 2021, up from 1.4 million a decade ago. Several themes were stressed throughout the presentation including the importance of purchasing food from local farmers in order to facilitate the delivery of the freshest food possible and to support the local farm economy.

Councilwoman Brewer also noted that the rapidly increasing food insecurity among NYC residents, many of whom are older adults, heightens the necessity of providing food through government institutions and other organizations that provide services to older adults. 'Grow NYC', which operates a number of programs designed to impact quality of life issues in NYC, has established a program centered around food access and agriculture. One of the functions of the program is to act as a 'food hub', engaging in the procurement of fresh food from regional farms and arranging for the delivery of the food to green markets, institutions and other organizations in NYC.

The 'Fresh Food for Seniors Program' is an initiative coordinated by Councilwoman Brewer's office which operates as a Food Box Buying Club. The program purchases food from Grow NYC at wholesale prices and provides low-cost fresh produce food boxes to individuals at senior centers bi-weekly during the growing season. The program has been replicated in a few other Council districts.





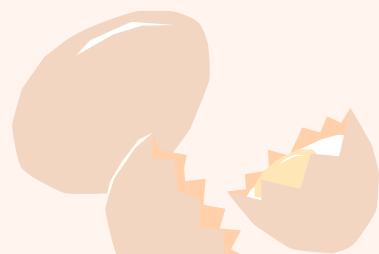
The 'Teaching Kitchen', which was established by the Lenox Hill Senior Center in Manhattan, is another initiative designed to encourage institutions, including senior centers, to offer its clients fresh, healthy food. The Teaching Kitchen purchases food from NYC Grow and prepares almost all of its meals from scratch. The Teaching Kitchen has provided training to more than 200 nonprofit organizations in NYC and beyond on its 'Farm to Table Model' for providing clients with fresh nutritious food which is also tasty and culturally appropriate.

Organizations interested in obtaining more information about each of the efforts described can contact the individuals and visit the websites listed:

Grow NYC Wholesale  
Michelle Hernandez  
Sales and Partnership Specialist  
[mhernandez@grownyc.org](mailto:mhernandez@grownyc.org)

Fresh Food for Seniors  
Shula Puder, Chief of Staff for Councilwoman Gale Brewer  
[spuder@council.nyc.gov](mailto:spuder@council.nyc.gov); and  
<https://council.nyc.gov/gale-brewer/fresh-food-for-seniors/>

Teaching Kitchen  
Chef Seema Pai: [spai@lenoxhill.org](mailto:spai@lenoxhill.org)  
Chef Evelyn Garcia: [sgarcia@lenoxhill.org](mailto:sgarcia@lenoxhill.org); and <https://www.lenoxhill.org/teachingkitchen>





# HUMAN EXPERIENCES

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Tears are shed for all sorts of reasons.

Home is that special place that is with us everywhere we go.

Stories everyone has one, memories are like dreams some were once alive.

The real scars are the ones that are invisible.

Genocides the most terrible crime known to humanity.

The deeds and acts of man can never be incinerated.

Treat each man as your brother, let his grief be your own.

Whether the heart harbors joy or sadness, it will beat millions of times, but it can't beat forever.

The sea sees and feels it all, often saddened by the garbage that you toss.

On a beautiful sunny day the sea is happy to see the joy in people traveling here and there, wishing it for everyone.

And on cloudy days the sea can be at its roughest, remembering those who were forced, and or had to flee from their shores.

Three words explain how time slips right away, yesterday, today, and tomorrow.

Yesterday you climbed those bridges.

Remember the mountains and valleys that got you here today.

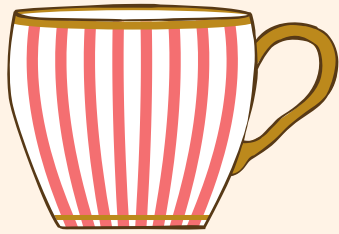
Tomorrow we know is never promised.

Live today as if there is no tomorrow.

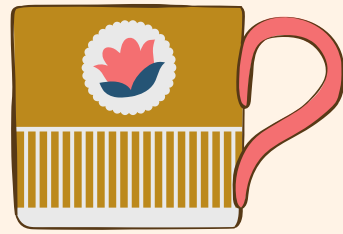
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Sharon Lyons, Written February 22, 2023

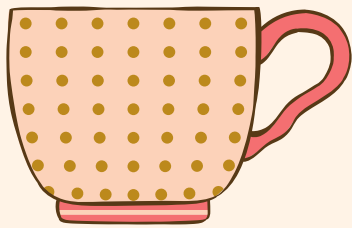
YOUR DAILY DOSE OF  
*Positive Tea*



*You are in charge of  
what happens next.*



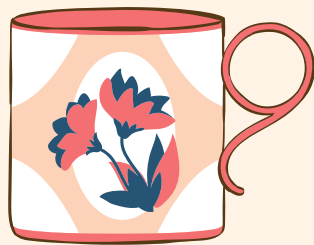
*You are worthy of  
great things.*



*You are capable of  
achieving anything.*



*You have the courage  
to move forward.*



*You are not your  
mistakes.*



*You are loved and  
appreciated.*

# Save The Date

MARCH & APRIL 2023

PLEASE MARK YOUR CALENDAR FOR THE MONTH OF MARCH



## Every Month we have our ongoing:

**Weekly Tue & Thu – Chair Yoga, 10:15AM-11AM** Classes are virtual for now @ [EmergeSoul.com](https://emerge-soul.com)

**Weekly Wed – Meditation Classes** are virtual for now, 10:00AM @ [EmergeSoul.com](https://emerge-soul.com)

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

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

## MARCH 2023

**7 – Documentary Screening & Discussion, In Our Heads About Hair @**

The Billie Holiday Theatre  
1368 Fulton Street  
Brooklyn, NY 11216  
Doors Open: 5:00PM  
Screening: 6:00PM followed by a panel discussion

**8 – ART EXHIBITION MAS Live More @**

Macon Library  
361 Lewis Ave at Macon Street  
Brooklyn, NY 11233

**14 – Virtual Orientation for new members, 1:00PM**  
**14 – Virtual General Meeting, 2:30-4:30PM**  
**22 – Cancelled Elder Wednesday Lunch, 1:00-3:00PM**

## APRIL 2023

**11 - General Meeting, 2:30-4:30PM @**  
Restoration Plaza  
Skylight Gallery 3rd floor  
1368 Fulton Street  
Brooklyn, NY 11216

**26 - Anniversary Elder Wednesday Luncheon 1:00-3:00PM**  
Location: Patrick Steakhouse  
Lunch is your treat. You are responsible for buying your own lunch.

**18 – Cohort Meeting Time & Location:TBA**



## FACT SHEET

### **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).

