

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

ART & PHOTOGRAPHY

Designer Olayemi 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

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IN THIS ISSUE...

Greetings Age Friendly Community,

May is OLDER AMERICANS MONTH!

On this month's cover, we feature a series of montages depicting older adults – you the Age Friendly Central Brooklyn, Inc. members – living an active and fun-filled life.

May is also the one-year anniversary of the unveiling of the art quilt, ART EXHIBITION MAS Live More. To mark the occasion, eight participants of the art project **Willie Mae Banner, Yvette Edwards, Velvet Hall, Selma Jackson, Sharon Lyons, Bernice McNeal, Glenda Patterson, and Dorothea Sabir** reflect on their experience in creating the M.A.S Quilt.

This month we give a Birthday Shout Out to **Sylvia Cheeks** and **Selma Jackson**. celebrating their birthday in May.

In the upcoming issue celebrating Black Music Month, we pay tribute to some of the music icons who passed in recent months including Harry Belafonte, Tina Turner and more.

Continue to stay safe.

Donna Williams
Editor in Chief
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Happy Birthday

As we celebrate those with a birthday in May, we are also observing OLDER AMERICANS MONTH!

A Happy Birthday Shoutout to these Ladies:

10- SYLVIA CHEEKS
12- SELMA JACKSON

Birthstone is the emerald.

Known as the gems of romance and intrigue, emeralds are one of the rarest stones.

Flower is Lily of the valley, Common hawthorn.

The flower is native to Europe, northwestern Africa, and West Asia. The Hawthorn is a symbol of happiness, hope, and faith. In the Celtic traditions, it is a sacred symbol of protection and love.

Horoscope Sign

Taurus April 20 - May 20

Gemini May 21 - June 20



M.A.S. (MEDITATION, ARTMAKING and STORYTELLING)

Creative Community Self-Care

A Community Engaging Art Project

Last May 2022, participants of M.A.S. (MEDITATION, ARTMAKING and STORYTELLING) 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 M.A.S. Live More at Restoration Plaza in Bedford-Stuyvesant.

To commemorate this one-year anniversary of the M.A.S. QUILT, we asked the participants to share their story: Why did you decide to participate? What's the inspiration behind your panel(s) in the quilt? What has participating in the project meant to you?



M.A.S. Quilt hanging at the Macon Public Library in the Heritage Room

Several participants, **Yvette Edwards, Velvet Hall, Selma Jackson, Sharon Lyons, Bernice McNeal, Glenda Patterson, and Dorothea Sabir** reflected on their experience.

Yvette Edwards -- I decided to participate in the M.A.S. project because I was intrigued and excited. I hadn't had any exposure within my family, and it opened up a whole new world learning about the history and brilliance of my ancestors. I wanted to honor my Mother who transitioned in 2020 because she was a warrior and a force to be reckoned with. She was our Queen. The 2nd panel was twofold, I wanted to bring awareness of what breath work can do and to let people know that have respiratory issues that they are not alone. Delving into this project left me in awe and enriched my heart and soul. It was wonderful to be in a community that was rich, filled with joy, the sharing of memories and love. I will be forever grateful for this experience.

Velvet Hall -- THE QUILT -- I participated in the M.A.S. project out of curiosity and to keep my mind occupied. However, it offered so much more. It was very therapeutic for me because I had lost my mother. The theme of our quilt was self-care. On my panels I sewed the words Love, Laugh, Live, Joy, Pray, Faith and Relaxation. I chose these words because we're always taking care of others and we need to stop and find time to smell the roses. Participating in this project I learned about the history of quilting and what it meant to our ancestors. I shared some of my life experiences through storytelling. I learned about meditation. Meditation is about letting go and taking a moment of relaxation in stillness and silence. Meditation can decrease depression, reduce blood pressure, and heart attack. Get into yourself and connect with your inner self. I am so happy to have experienced and been a part of this project. I would love to participate in another quilt project.

Selma Jackson -- M.A.S. was a welcomed life saver during the pandemic!! Living alone is very different from isolation, which is what happened during the pandemic! The offer to zoom in once a week for meditation, sharing stories and being creative gave a boost to my emotional state and I found myself waiting in anticipation for Wednesdays to roll around! The outgrowth of our time together, M.A.S. QUILT, is a testament to resilience and the power of community to care for its residents!!

Sharon Lyons -- The M.A.S. Quilt Project, and What That Meant to Me --
The theme alone attracted me to participate in the M.A.S. Quilt project. Self-Care, along with quilting, something I never did before excited me. So the whole idea of expressing what self-care meant to me on a piece of fabric was intriguing. The idea of having an open discussion about how we take care of ourselves was uplifting and I looked forward to it every week. The inspiration behind creating my panel in the quilt was that I am alive. I have survived. And all the things that are outlined in my panel contribute to my survival. Healthy food choices, plenty of movement, cultivating moments of stillness, practicing forgiveness, prayers, flowers, loving, reading, swimming, and writing. These are the things that have sustained me. Participating in the M.A.S. QUILT project was rejuvenating and therapeutic.



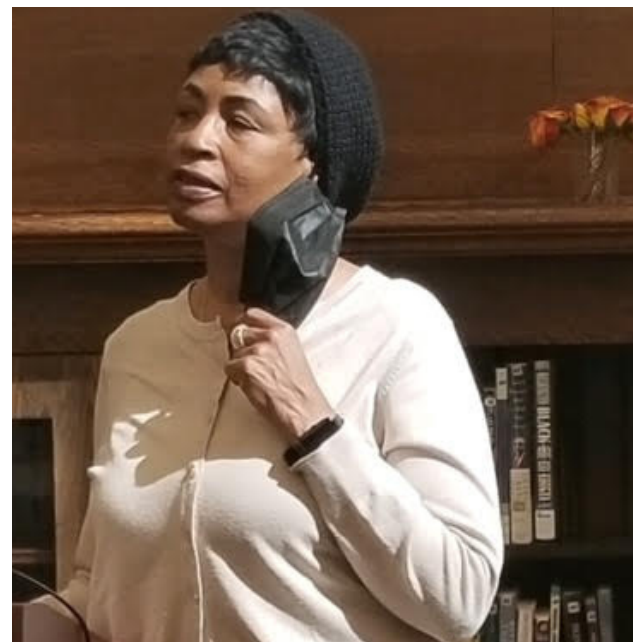
Bernice McNeal -- I decided to participate in the M.A.S. Quilting project because it reminded me of my childhood days in North Carolina. I would sit quietly beside my grandmother and watch her and her friends quilting. Occasionally she would let me cut the thread. I would patiently wait for one of them to ask me to thread their needles. Late one night I remembered that being there with my grandmother was my special place. It was a place of peace, love, and joy. I was free to be a happy little girl. My panel is a tribute to my grandmother. It shows a grandmother's hand holding a baby girl. It tells what I felt when I was with her. She died from breast cancer when I was 13. She didn't have jewelry. I would 've bought her bracelets and rings. Participating in the project was therapeutic for me.

Bernice McNeal, M.A.S. Quilt participant

Glenda Patterson -- Reflection on My Quilt Panel -- When I received my box I looked at all the supplies and had no idea what I would do with my blank panel. The two M.A.S. facilitators explained to the quilting group the whole process starting with the video history of quilting, different quilting groups and quilting museums, and giving the group what it needed to complete their quilt panel. We were also informed that we would be meditating before each quilting session for a certain amount of weeks, I think it may have been nine weeks, not sure. The quilting experience for me was very meditative, calming, and serene which gave me the insight to sew five inspirational words in five different stitch patterns that took on a life of their own. I am glad I had the quilting experience.

Dorothea Sabir, M.A.S. Quilt participant

Dorothea Sabir -- An opportunity was offered by Tameeka and Ms. Elvira, who shared with us a project creating a quilt square with a group of my peers, including meditations and discussions. These weekly discussions and meditations allowed me to open up in a safe place via Zoom. Working on the quilt allowed me to reflect on life while coming out of the pandemic. Family and friends, who were affected by illness and loss. My quilt square reflected nature. Walks and spending time in the park looking at the wildlife and the lake was healing for me. I appreciate the opportunity to reflect this on a quilt square.





Willie Mae Banner, M.A.S. Quilt participant and curator of the Quilt

Since the debut of the M.A.S. QUILT, Willie Mae Banner, AFCBI Ambassador and a M.A.S participant, has been taking the quilt on tour throughout Brooklyn, NY. As curator, she has arranged for the quilt to be on exhibit at various locations including NHS Brooklyn, a community development corporation; The Macon Public Library Heritage Room, where it was on view for the month of March in celebration of Women's History Month and International Women's Day on March 8; The Brooklyn Quilters Guild; St John's Recreation Center's Quilter's Show; and Lovejoy in Wantage, NJ.

Coming up, on June 17, the M.A.S. QUILT will be on display at KowTeff's 13th Annual Juneteenth Celebration at Bed-Stuy Restoration. Check out the Age Friendly Central Brooklyn, Inc. table where you can view the quilt. The following day, June 18, the quilt will be at the Weeksville Heritage Center, 158 Buffalo Avenue, Brooklyn, NY 11213

"It is an honor to serve as curator of the M.A.S. QUILT," says Willie Mae Banner. "Taking it to public events to generate discussions around healing and wellness is so important. I'm grateful to have participated in this project and give my heartfelt thanks to Elvira and Tameeka."

Age Friendly

LIVING OUR BEST LIFE!





Save the Date

JUNE 2023

PLEASE MARK YOUR CALENDAR FOR THE MONTH OF JUNE



EVERY MONTH WE HAVE OUR ON-GOING:

Weekly Tuesdays & Thursdays

Chair Yoga, 10:15AM-11AM Classes are virtual for now @ EmergeSoul.com

Weekly Wednesday

Meditation Classes, 10:30AM are virtual for now @ EmergeSoul.com.

Monthly Meeting

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

4th Wednesday of the month

Elder Wednesday Luncheon

JUNE 2023

- | | | | |
|----|---|----|---|
| 13 | Orientation Meeting, 1:00PM
General Meeting, 2:30PM-4:30PM@
Restoration Plaza
1368 Fulton Street
Brooklyn, NY 11216 | 17 | KowTeff's 13th Annual Juneteenth
Celebration
Restoration Plaza
1368 Fulton Street
Brooklyn, NY 11216 |
| 20 | Cohort Leadership Council
Meeting, 1:00PM-300PM@
In-person or virtual: TBD | | Age Friendly Central Brooklyn, Inc. is a
community partner for this event and
will be hosting a table that day from
12PM-5PM |
| 28 | Elder Wednesday Lunch Outdoors, 12PM-1:30PM
Summer lunchtime Jazz with Patsey Grant & Friends at
Brooklyn Borough Hall Columbus Park Plaza, near the Court
and Remsen streets entrance of Borough Hall | | |

We encourage everyone to wear whatever Age Friendly T-shirt you have (e.g., Active Aging Week, Anniversary, bus trip to Albany, etc.) Bring your lunch and come out and enjoy!



Email: secretary@agefriendlycb.org Website: <https://agefriendlycb.org/>

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 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).