



**SAVE THE DATES  
OCTOBER 2-8, 2023**



**Celebrating 10 Years Keeping Older Adults Active  
Issue 29 | October 2023**



# THIRD CHAPTER LIVING

ISSUE 29 | October 2023

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

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## IN THIS ISSUE...

### Greetings Age Friendly Community,

October is an important month for Age Friendly Central Brooklyn, Inc (AFCBI).

This month, October 2-8, 2023, we launch **ACTIVE AGING WEEK (AAW)**, our signature week-long fall event kicking off our annual renewal/membership drive and signaling the start of AFCBI's program lineup for 2023-2024.

See the Schedule of Events for AAW on page 5.

We have three birthday shout outs in October: **Carol Ann Harris, Merine Showard, and Veronica Morris.**

And new AFCBI member **Varetta Wright**, introduces us to SAIL (Stay Active and Independent for Life), a program she discovered to improve her quality of life.

Best,

Donna Williams  
Editor in Chief  
THIRD CHAPTER LIVING

# HAPPY BIRTHDAY SHOUT OUT!

Birthday wishes to everyone!

As we mark 10 years of offering activities to keep older adults moving – staying active – we give a special shout out to our Ladies of October who are celebrating their birthday this month.

## OCTOBER

1 – VERONICA MORRIS

13 – MERINE SHOWARD

31 – CAROL ANN HARRIS

### BIRTHSTONE:

OPAL

THE NAME OPAL IS BELIEVED TO HAVE ORIGINATED IN INDIA. ANCIENT GREEKS THOUGHT OPALS BESTOWED THE GIFT OF PROPHECY AND PROTECTION FROM DISEASE. FOR EUROPEANS, THE OPAL IS A SYMBOL OF PURITY, HOPE AND TRUTH.

### TOURMALINE

THE NAME TOURMALINE COMES FROM THE SINHALESE WORD TORAMALLI, WHICH MEANS “STONE WITH MIXED COLORS”. IT OFTEN HAS MULTIPLE COLORS IN ONE CRYSTAL. DIFFERENT COLORS OF TOURMALINE ARE THOUGHT TO HAVE HEALING PROPERTIES.

BIRTH FLOWERS: MARIGOLDS & COSMOS

### ZODIAC SIGN:

LIBRA - SEPTEMBER 23 - OCTOBER 22

SCORPIO - OCTOBER 23 - NOVEMBER 21





## CELEBRATING 10 YEARS OF KEEPING OLDER ADULTS ACTIVE

Kicking-off ACTIVE AGING WEEK (AAW) on October 2, 10AM-1PM under the tent at Restoration Plaza, 1368 Fulton Street, Brooklyn, NY 11221, we continue our partnership with Myrtle Avenue and Brooklyn Partnership (MABP) and NYAM (New York Academy of Medicine) to present a week-long series of free virtual and outdoor events promoting an active lifestyle and healthy aging strategies.

AAW activities and events are held at various venues throughout Central Brooklyn. Check out the AAW schedule of events below for dates, times, and locations.

### EVENT SCHEDULE FOR ACTIVITY AGING WEEK

#### Monday, October 2

10:00AM - 1:00PM - Kickoff at Restoration Plaza 1368 Fulton St  
Brooklyn, NY 11216 (Under the Tent)

#### Tuesday, October 3

9:00AM - Pink Ribbon Breast Cancer Walk  
Fulton Park 70 Chauncey St, Brooklyn, NY 11233

10:15AM - Chair Yoga with Tameeka Nicole (Virtual)

1:00PM - Digital Capabilities

Macon Library 361 Lewis Ave. Brooklyn, NY 11233 (Lunch Provided)

This session capacity has been reached.

#### Wednesday, October 4

9:15AM - 3PM - The B.R.O. Experience

7 Marcus Garvey Blvd, 2nd Floor, Brooklyn, NY 11206

B.R.O. Experience is on the opposite side of  
Marcus Garvey Boulevard from Woodhull Hospital.

#### Thursday, October 5

10:15AM - Chair Yoga with Tameeka Nicole (Virtual)

12:00PM - Dance Class & Tour

Mark Morris Dance Center  
3 Lafayette Ave, Brooklyn, NY 11217

2:00PM - Tompkins Ave. Merchant Walk & Fashion Show  
307 Hancock St. Brooklyn, NY 11216

#### Friday, October 6

12PM- 4PM - Karaoke, Game Night, Wine Tasting on Myrtle  
Myrtle Plaza 484-550 Myrtle Ave. Brooklyn, NY 11205

#### Saturday, October 7

9:30AM-4:00PM - Health Fair Interfaith Medical Center  
1545 Atlantic Ave, Brooklyn, NY 11213

#### Sunday, October 8

2PM-4PM - Reflections of Active Aging Week  
SoulBK 706 Nostrand Ave  
Brooklyn, NY 11216 (Lunch Provided)  
Guest speaker: Reverend Yoreel Trumpet

# KEEP ON MOVING

BY VARETTA WRIGHT

Recently, I discovered a program called SAIL {Stay Active & independent for Life}, an evidence-based falls prevention program for adults 65 and older. Classes are specifically designed for older adults to help improve balance and mobility, thus reducing the risk of falls and improving quality of life.

As we age, doing regular strength, balance, and flexibility exercises protects our health and independence, and helps prevent falls.

Additionally, regular exercise is a terrific way to relieve stress, sleep better, obtain more energy, and grow stronger.

Making exercise a regular habit requires motivation, commitment, and effort from you. It's okay if you can only exercise one or two times a week at first.

It's important to Choose the Right Exercise for You. So, always talk to your health care provider about what kinds of exercise are best for you and about specific exercise instructions, especially if new health problems occur.

Whatever you do, always Exercise Wisely. Don't try to keep up with everyone else. It's best to exercise at your own pace.

Listen to your body and know your limits. Remember that it takes time to build and regain strength. It's okay to change or stop an exercise. Stop or reduce using weights if they cause any pain.

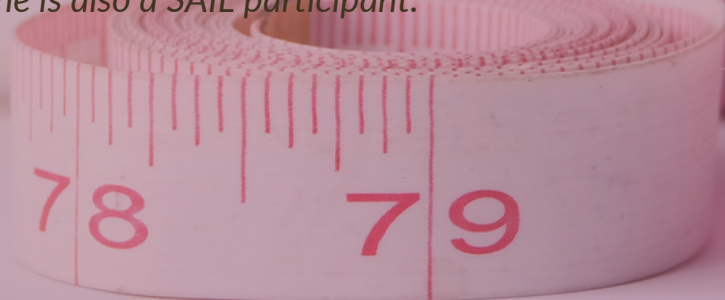
When in doubt, talk to your instructor and doctor so that you can learn how to keep exercising safely.

**BOTTOM LINE:** To reduce falls, healthy older adults are encouraged to do strength, balance, and flexibility exercises.

Currently, SAIL is not in New York, but videos are available online for you to view: <https://www.sailfitness.org/about>

If interested in exploring further, Ms. Wright, who lives in Virginia, is willing to help facilitate bringing SAIL classes to Brooklyn.

*Varetta Wright is a new member of Age Friendly Central Brooklyn, Inc and a member of the Health & Wellness Cohort. She is also a SAIL participant.*



# Save the Date

OCTOBER & NOVEMBER 2023

PLEASE MARK YOUR CALENDAR FOR THE MONTH OF NOVEMBER



## 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**

## OCTOBER

**2-8 ACTIVE AGING WEEK (AAW)**

**Oct 2, 10AM-1PM Kick-off at Restoration Plaza**  
**(under the tent),@**

**1368 Fulton Street,**  
**Brooklyn, NY 11216**

**For information about the rest of the**  
**week, please check the schedule of**  
**events on page 5.**

**10 Orientation, 1:00PM-2:00PM@**

**Restoration Plaza**  
**1368 Fulton Street**  
**Brooklyn, NY 11216**

**Please check with security in**  
**the lobby to confirm the meeting**  
**room location.**

**General Meeting, 2:30PM-4:30PM@**

**Restoration Plaza**  
**1368 Fulton Street**  
**Brooklyn, NY 11216**

**Please check with security in**  
**the lobby to confirm the meeting**  
**room location.**

**25 Elder Wednesday Luncheon 1:00PM-**  
**3:00PM@**  
**Location TBD**

## NOVEMBER

**14 General Meeting, 2:30PM-4:30PM@**  
**Location: TBD**

**22 Elder Wednesday Luncheon 1:00PM-**  
**3:00PM@**  
**Location TBD**



# FACT SHEET

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## 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).