



**age
friendly**
CENTRAL BROOKLYN

THIRD CHAPTER LIVING



Welcome to Fall!

Issue 28 | September 2023



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

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IN THIS ISSUE...

Greetings Age Friendly Community,

After taking the summer-off – July and August – we are excited to be getting back together with our Age Friendly Family.

Hello Family, we're back!

In this issue, we send birthday wishes to those celebrating their special day in September: **Evelyn Collier, Glenda Patterson, Jacqueline Williams, Sheila Cox, and Yvette Edwards.**

Participants in the **Granny & Me** program, **Barbara Jackson, Bridgette Baker, Carol Ann Harris, Debra Sanchez, Linda Hawkins, Martha Works, Marie Wilson, Selma Jackson, Sylvia Cheeks, and Velvet Hall** reflect on spending time with our youth.

For September, Self-Care Awareness Month, **Glenda Patterson** shares a calendar offering ideas for taking care of ourselves.

Along with our regularly scheduled monthly activities **General Meeting (Sept 12)** and **Elder Wednesday Luncheon (Sept 27)**, we have our second annual **Pampering Day** on **Sept 14** hosted by **Council Member Chi Ossé.**

And of course, in October we have our signature fall event **ACTIVE AGING WEEK, October 2-8.** Get ready Age Friendly Community, welcome to a new calendar year of activities, events, and programs. The fun is about to begin!

Best,

Donna Willams
Editor in Chief

THIRD CHAPTER LIVING

HAPPY BIRTHDAY SHOUT OUT!

Birthday wishes to everyone!

Age Friendly Central Brooklyn, Inc (AFCBI) kicks off the fall with birthday Shout Outs to our Ladies of September

SEPTEMBER

1 - EVELYN COLLIER

5 - SHEILA COX

16 - JACQUELINE WILLIAMS

21 - GLENDA PATTERSON

25 - YVETTE EDWARDS

BIRTHSTONE: SAPPHIRE

BIRTH FLOWER:

ASTERS ONCE SYMBOLIZED REVOLUTION AND SERVED AS AN INSPIRATION FOR PAINTERS AND WRITERS. MORNING GLORY IS A SYMBOL OF LOVE, BOTH UNDYING AND UNREQUITED.

ZODIAC SIGN

VIRGO: AUGUST 23 - SEPTEMBER 22

LIBRA: SEPTEMBER 23 - OCTOBER 22



FEEL GOOD CORNER

SELF-CARE – YOU ARE THE FOCUS

BY GLENDA PATTERSON

Hello Age-Friendly Central Brooklyn, Inc.

September is Self-Care month. This month we focus on ourselves and doing whatever makes us happy. I am not going to give you a list of self-care tips. Instead, I'm providing you with a Self-Care calendar for September filled with ideas for you to do something for yourself every day of the month.

This is your month for your happiness. Enjoy Age-Friendly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September, Relax and Recharge Age-Friendly Central Brooklyn Self-Help Calendar		1 Learn how to swim.	2 Support teens who are struggling.	3 Tune into your five senses.	4 Find moments of laughter.	5 Meditate on breathing.
6 Go sit by the lake or body of water	7 Plan ahead so you don't have extra stress after vacation.	8 Lean on other people in tough times.	9 Show your appreciation.	10 Recognize who you are.	11 Be humble	12 Go outside and take a photo of nature.
13 Take time to rest.	14 Laugh, Laugh Laugh today.	15 Manager your screen time.	16 Ask for help if needed.	17 Show yourself care and compassion.	18 Spend time with people who listen to you.	19 Take a relaxing lunch break.
20 Have a joyous day. whatever that means to you.	21 Practice mindfulness.	22 Show gratitude	23 Be Happy	24 Be kind to your self.	25 Meet different people.	26 See the good in others.
29 SMILE	28 Say an affirmation.	29 Savor the beauty in your day.	30 Understand the trauma in your family history.	31 Spend a few minutes being quiet.		



REFLECTIONS ABOUT GRANNY & ME

In an effort to strengthen our intergenerational connection, AFCBI partnered with **GRANNY & ME** in 2022. Founded by Andrea Ishmael, after the loss of her mother and grandmother, **GRANNY & ME** is an organization that hosts activities older adult and youth can do together (e.g., cooking and dancing classes, game nights, paint & sips and more). We asked **GRANNY & ME** participants to share their thoughts and feelings about the program.



Left to right: Sylvia Cheeks, Martha Works, Debra Sanchez, Barbara Jackson and Linda Laverpool



Andrea Ishmael at her H.S. graduation



Left to right: Barbara Jackson and Andrea Ishmael, founder of Granny & Me.

Barbara Jackson — The first class I took with GRANNY & ME was a cooking class. Students were fun to work with. The chef was well organized. We made spring rolls. Also took paint and sip. I attended a basketball game and afterward they served us dinner.

Bridgette Baker — I'm enjoying my time there. The first week we played games in groups and talked. They asked about me. Did I have kids? I asked them about school. The group I was with, one youth had just graduated and was taking a gap year off before attending college, Another one was 20 years old and was in college. The others were all 16- and 17-year-old. I enjoyed the 2nd week. We talked in a group and got to know them a little better. They asked us about some of the different music, what we did for fun (before cell phones and home computers). They did know about skelly, tag and other games played outside. (I really felt old). Last week I did a little exercise and a little dancing. Should have seen Marie getting down. They played a game that Marie's team won. Overall, I'm enjoying them.



Granny & Me Dance Class

Carol Ann Harris — I enjoyed the event on Willoughby and Kent St. We showed them our dance moves, and in turn we saw theirs. We played Music games, team 3 won. I also enjoyed the visit to the Nursing Home. Looking forward to fall events.

Debra Sanchez — GRANNY & ME is a great program. The youth were kind, respectful, and helpful. I enjoyed the fellowship with all of them. All the sessions were great. It was a blessing to me and if there is anything I can do to help it continue I am willing. I am thankful for Andrea and Katrina. Thank u for including me.

Linda Hawkins — Interacting with the young people in GRANNY & ME has been a fun and pleasant learning experience. During GRANNY & ME Game Nite I learned how to play games that I always avoided in the past. These young people were patient and respectful. This is just one of the many experiences with GRANNY & ME that I will always cherish.



Left to right: Linda Hawkins and Carol Ann Harris

Martha Works – To My Dear Age Friendly Sisters and Community of Central Brooklyn, Inc. – It gives me great pleasure to be able to express my amazing experience during time spent with all of the young minds and spirit related to the GRANNY & ME Program spearheaded by Ms. Andrea Ishmael who graduated from Research & Service H.S. this year 2023, under the leadership of Mrs. Farrington, Principal and staff leaders.

From the first event to the last, each experience became more and more a family relationship. The young adults were showing the seniors that we were welcomed and the more we worked together during our cooking adventures, painting & sipping fruit drinks while indulging on a slice of pizza it was evident that young and elders can help and learn from each other.

Of those new young minds or participants of GRANNY & ME were all high school associates with outstanding talents, gifts, and skills which were gratifying to AFCBI, Inc. and we were able to share a little of how our Season Seniors were still capable to keeping up. Let me say, some of us had to go home and pull out the Bengay or Epsom salt. Just keeping it Real. Smile.

Nonetheless, mutual respect and understanding were reciprocated at each and every encounter. The event GRANNY & ME hosted at the nursing home facility was an overwhelming experience which was attended by Marie Wilson and Naomi Hunter of the Economic Empowerment Cohort. We also attended Andrea Ishmael's graduation held on June 24, 2023, as well as some of the associates. They all shared expression of gratitude.

On a final note, let it be known, I nominated Andrea to be honored at the upcoming Bed-Stuy ALIVE annual event to receive the Youth Achievement Award on October 14, 2023, and Lynette Lewis-Rogers to receive the Community Achievement Award held at the Restoration Plaza.

We also experienced the paint and sip on June 1. The young people even made us jewelry during our jewelry making workshop. This summer we visited the Brooklyn Garden Nursing home. Also, during the summer, we had to pick a song that starts with rain from 1964 and the youth had to pick a song from the year 2008. It was very exciting. They provided food and snacks each and every day. The youth we were with got to learn our names, and we got to learn theirs.



Granny & Me Cooking Classes



Marie Wilson

Marie Wilson – I Marie Wilson, of the Age Friendly group, participated in the GRANNY & ME program founded by Andrea Ishmael. During the summer, I enjoyed the classes in which Andrea's program introduced me. Being able to work with youth and the elderly was a great experience.

The young people were obedient, respectful, and very helpful. They had great mannerism while working with the Age Friendly group. On April 17 we took a cooking class with the youth. The name of the dish we made was Sloopy Joe with salad and other hors d'oeuvres. On May 4 we went to game night where we played cards and board games and on May 18, we had dance and exercise.

We also experienced the paint and sip on June 1. The young people even made us jewelry during our jewelry making workshop. This summer we visited the Brooklyn Garden Nursing home. Also, during the summer, we had to pick a song that starts with rain from 1964 and the youth had to pick a song from the year 2008. It was very exciting. They provided food and snacks each and every day. The youth we were with got to learn our names, and we got to learn theirs.

I wish that Andrea can get a place where she can be stable and comfortable so that she does not have to continuously change locations. I pray that she is able to get a place so that the youth as well as the Age Family group feels comfortable. We are so grateful to be working under our Assemblymember Stefani Zinerman. She has brought the Age Friendly group a long way, and I have learned a lot from my time with the group.

In the past years, I've traveled to Albany each year to help with the flyers for the elected officials and I've the seen movies that were free and helpful.

I hope that we can get a steady place for the youth and Age Friendly so we may continue to learn and be safe in one place. Also, Andrea can be more comfortable and feel safe as she teaches us. I love my Assemblymember Stefani Zinerman and Andrea. I pray God blesses us all. I hope we can continue to work with Andrea Ishmael. Thank you, Andrea, for everything.

Selma Jackson — I was so excited when I heard about GRANNY & ME. It brought back memories of spending time with my grandmother. The sessions that I enjoyed most were cooking together with the high school students and having a conversation over a shared meal. Our time together filled empty spaces caused by the pandemic: missing loved ones, sharing a meal instead of eating alone, and creating new bonds!

Congratulations to Andrea Ishmael for creating GRANNY & ME!!!



Produce used in the Granny & Me Cooking Class

Sylvia Cheeks aka Superior — I went to GRANNY & ME at Boys & Girls High School for my first cooking class. I was so impressed that she had a true Chef who's been in business for a couple of years, and he looks like a baby himself. I really enjoyed working with the youth because they keep me youthful. The young people were always respectful and attentive to our needs. They really enjoyed serving and cooking with us. We were always smiling and learning from them as they were learning from us. We got so close they started calling us Auntie's respectfully. I attended the paint class which got me to put my art skills together. I love Brooklyn painting with Red, Green & Black colors. I also went to the basketball award ceremony some of the youths were players and received special awards. I would participate in the next round of GRANNY & ME with gardening, cooking, painting, dancing and jewelry making class. Thanks for keeping me involved.

Velvet Hall — I loved being with the youth. I have twin grandsons that live in Virginia Beach. I shared their High school experiences with them. Being with them helped fulfill the void of them being in another state. They were great at helping with any technical issues. I loved and enjoyed all the classes. All of Andrea's participants were very respectful and would listen to our advice and experiences. They waited on us at all times. I would definitely participate in the fall classes

Save the Date

SEPTEMBER & OCTOBER 2023

PLEASE MARK YOUR CALENDAR FOR THE MONTH OF SEPTEMBER



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

CELEBRATING 10 YEARS OF KEEPING OLDER ADULTS ACTIVE

This fall, we continue our partnership with Myrtle Avenue Brooklyn Partnership (MABP), and NYAM (New York Academy of Medicine) to plan a week-long series of virtual and outdoor events (e.g., fitness classes and workshops, panel discussions, social events, etc.) promoting an active lifestyle and healthy aging strategies.

SEPTEMBER

12 General Meeting, 2:30PM-4:30PM@
Restoration Plaza
1368 Fulton Street
Brooklyn, NY 11216

14 Second Annual Pampering Day hosted by Council Member Chi Ossé@
Weekssville Heritage Center

27 Elder Wednesday Luncheon 1:00PM-3:00PM@
Ethel & Annie Mae's Soulfood Kitchen
417 Marcus Garvey Blvd
Brooklyn, NY 11216

We expect increased attendance and are adding new activities such as a health expo and dance class/tour at the Mark Morris Dance Center, among others. Each day will feature an activity corresponding to one of the seven dimensions of healthy aging including: Emotional, Intellectual, Social, Environmental, Professional, Physical, and Spiritual.

AAW is our signature fall event kicking-off our annual renewal/membership drive and signals the start of AFCBI's program lineup for 2023-2024.

10 General Meeting, 2:30PM-4:30PM@
Location TBA

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

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).