

**age  
friendly**  
CENTRAL BROOKLYN

# THIRD CHAPTER LIVING



**ISSUE 15 | JANUARY & FEBRUARY 2022**



# THIRD CHAPTER LIVING

ISSUE 15 | January and February 2022

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

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Donna Williams

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## IN THIS ISSUE...

Greetings Age Friendly Community,

Happy New Year!

Welcome to a New Year and a New Start. We trust everyone had an enjoyable Holiday Season.

Kicking off the New Year AFCBI members, **Sylvia Cheeks**, **Marlienne Christian** and **Linda Hawkins**, reported on the LiveOn Conference on Aging and the Vendor Show they attended in January. To mark National Mentoring Month in January, **Sundra Franklin** discusses her experience with Touch Point Mentoring and **Velvet Hall** talks about Black History as we celebrate Black History Month in February.

**Selma Jackson** serves up another tasty treat this time for National Soup Month and **Glenda Patterson** shares her thoughts on self love.

Guest poet **Salina Coleman** honors the passing of **Sidney Poitier** whose words we feature on our affirmation page. And we reveal a sampling of the Vision Boards created at our annual Vision Board Party held this Valentine's Day.

Sadly, in December, we experienced the loss of **Lorraine Gamble-Lofton**, an editorial board member and an Ambassador who was a contributing writer as well as a photographer for THIRD CHAPTER LIVING. We believe a fitting memorial is to create a special issue comprised of her writings and photos which we will be publishing in July to coincide with her birthday on July 14th.

For our tribute to Lorraine, we'd like to feature comments from the Age Friendly community. Please send your comments to [secretary@agefriendlycb.org](mailto:secretary@agefriendlycb.org)

Continue to stay safe.

Donna Williams  
Editor in Chief  
THIRD CHAPTER LIVING

# January

January is the first month in the Julian and Gregorian calendar and the first of seven months to have 31 days.

The first day of January is New Year's Day which starts a new year and a new beginning. January is named after the Roman god Janus who has two faces so he can see the future and the past.

In January 2020, we launched THIRD CHAPTER LIVING, the official publication of Age Friendly Central Brooklyn, Inc (AFCBI). Happy Second Anniversary!



## A Happy Birthday Shoutout:

24 – ANNETTE ALLEYNE MERRITT  
26 – SUNDRA FRANKLIN



## Quick Facts about January:

Birthstone: Garnet

Represents symbol of love and friendship

Flower: Carnation and Snowdrop

Horoscope Sign

Capricorn: December 22 - January 19

Aquarius: January 20 - February 18



# February

February is the second month of the year in the Julian and Gregorian calendar. The month has 28 days except for Leap Year when it has 29 days. It is the first of five months not to have 31 days and is the only month to have fewer than 30 days.

On February 25, 2022, President Joe Biden nominated Judge Ketanji Brown Jackson to become the 116th Associate Justice of the United States Supreme Court. Judge Brown is the first Black woman to be nominated for the position.

February is Black History Month.

Since 1928, every Black History week or month has had a theme that recognizes pivotal events or topics to be highlighted during the year's celebration. Since 1976, every president has endorsed a specific theme. The 2013 theme – "Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington" – recognized the 150th and 50th anniversaries of those key events in Black American history. – Lorraine Gamble-Lofton, Feb 2020 Issue

The 2022 National Theme for Black History Month: Black Health and Wellness



*A Happy Birthday Shoutout:*

**28 – SHARON LYONS**



**Quick Facts about February:**

Birthstone: Amethyst

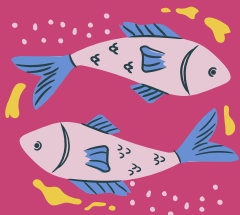
Represents symbol of personal empowerment and inner strength

Flower: Violet

Horoscope Sign

Aquarius: January 20 - February 18

Pisces: February 19 - March 20





# CELEBRATING VALENTINE'S DAY WITH A VISION BOARD PARTY!

In February, Age Friendly Central Brooklyn, Inc (AFCBI) partnered with Myrtle Avenue Brooklyn Partnership (MABP) to host its 3rd Annual Vision Board Party on February 14, 2022.

Approximately 40 participants joined us for this virtual event.

Our Vision Board facilitators Tameeka Nicole, EmergeSoul, and Terri White, A Labor of Love ElderCare, guided us through the process to create an inspiring collage of pictures, powerful words, quotes, and personal information that depicted our dreams, goals, and desires.

This Valentine's Day, we showed ourselves some self-love!

Here's a sampling of our Vision Board expressions of self-love.



Victoria Graves-Cade



Velvet Hall



Glenda Patterson



Veronica Morris



Ryan Greenlaw

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# TOUCH POINT MENTORING

BY SUNDRA FRANKLIN

Touch Point Mentoring is the most common process of mentoring that I have been involved with. It is short term and many times a one-time interaction between individuals that significantly influences them. It changes a perception, action or goal and can optimize one's life journey. It often takes place between a neighbor, teacher, friend and happens in conversations, workshops or activities which may only take place once.

I have been involved with Touch Point Mentoring when working as a coach with programs. I provide guidance as people work to meet goals. I have provided Touch Point mentoring for 10 years when I worked with the NYPD Explorers at local precincts, as the youth participate in activities, discuss norms, goals, and choices when we provide referrals and resources.

Touch Point mentoring has many times not been planned but is a natural activity. Although it is not long term, it allows mentees and the mentor to develop respect, a collegiate relationship and learn to communicate and to grow positively. Through the years, I found mentoring is not a passive activity, but it has given me an opportunity to develop and help others to move in positive directions. I learned to watch my temperament when challenged, and when I don't agree with an idea, activity, or statement, I set appropriate boundaries as I work with mentees and develop relationships with them.

There are many rewards to mentoring. They include working to support the positive growth and development in other generations as they become tomorrow's leaders.

January is National Mentoring Month



# BLACK HISTORY

BY VELVET HALL



I'm a proud Black Woman.

I love Black History Month because it gives me the opportunity to learn more about the history of my own people.

Black History Month is a reminder that Black is love. It's a celebration of blackness of our ancestors and their excellence, and motivation for us to always strive for greatness and to keep pushing forward.

Black History Month is a reminder to all Americans that this country would not be as wealthy and sustainable today if it were not for the innovation, hard work, intelligence and courage of Black Americans that came before us.

Black Americans have made contributions to science, education, music, social justice and many more aspects of life.

Without Black History there would be no history. There were so many Black people that were trailblazers and legends that dedicated their lives to make change.

Black History should be taught throughout the school year because it is American History. Black History Month is an invitation for others to join in the celebration and rejoicing of our blackness. Black History Month is a time for the world to learn and acknowledge the accomplishments of Black people. Black History is happening now.

It's a time for us and especially the younger generation to put our dreams in motion and stay in the fight.

We are a great phenomenal people.

Say it Loud, I'm Black and I'm proud.

These are a few inventors who have changed the world.

- Dr. Charles R. Drew, Surgeon and Medical Researcher – Blood Plasma Bag, 1925
- Alexander Miles, Inventor and Businessman – The Elevator, 1867
- Garrett Morgan, Inventor, Businessman and Community Leader – Gas Mask, 1914 and the three position traffic signal, 1923



# PLANT-POWERED NUTRIENT & TECH SOLUTIONS TO ENGAGE OLDER ADULTS

BY LINDA HAWKINS

My virtual attendance at the LiveOn Conference was an amazing experience. I cannot express how much I enjoyed and actually learned from the LiveOn Conference on Aging and Vendor Show.

## PLANT-POWERED NUTRIENT FOR VIBRANT AGING

The “Plant-Powered Nutrient for Vibrant Aging” workshop was presented by Plant Powered of Metro NY (PPMNY). Their goal is to empower seniors to find better health, and overcome chronic diseases through Whole Food plant based nutrition. As Mayor Eric Adams stated in his presentation regarding his battle with diabetes “the problem was not in my DNA, it was in my Dinner.”

Various professional speakers and witnesses who adopted the plant based nutrients shared their extraordinary results. Health Empowerment Programs that partner with (PPMNY) to engage the public are: Introductory Workshop; Food as Medicine (retreats or intensive); Health Transformation (Jumpstart Programs); Food for Life (4-8 week Program); Week of Interactive Classes; and 21 Day Plant Powered Jumpstart.

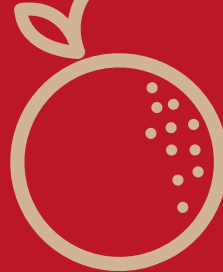
If you or your organization is interested in these programs, you can find additional information on the PPMNY website: [www.plantpoweredmetrony.org](http://www.plantpoweredmetrony.org). For a free menu sample on plant powered meals go to website: [forksoverknives.com](http://forksoverknives.com)

## AGELESS TECHNOLOGY SOLUTIONS TO ENGAGE OLDER ADULTS

The “Ageless Technology Solutions to Engage Older Adults” workshop was conducted by Blooming Health, an organization which specializes in connecting Older Adults to community resources in a personalized way. Blooming Health consist of a team of seasoned health technicians with the ability to apply their skills across healthcare, data, and technology. Blooming Health offers seniors timely and convenient event reminder services; easy access to program reminders; automated program reminders; tracking day to day needs; screening for loneliness and improving access to benefits.

They believe “if we can’t put the internet in Senior’s homes, we will put it in their hands via smartphones”. Additionally, they create internet hubs (a place in the building which every senior could access), and offer a “311” like number for seniors to call when they have issues connecting to technology. Anyone wanting additional information or interested in learning more about their services can go to their website at: [nima@gobloominghealth.com](mailto:nima@gobloominghealth.com).





## TIPS FOR HEALTHY EATING

***FEBRUARY IS HEALTHY HEART MONTH.  
CHECK OUT THESE "TIPS" TO HELP  
MAINTAIN A HEALTHY HEART.***

EXERCISE TO SUPPORT, NOT STRAIN, YOUR HEART

TAKE TIME TO RELAX AND REJUVENATE IN NATURE

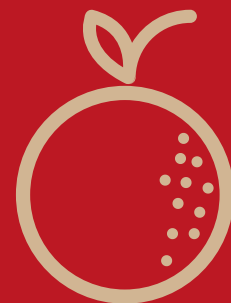
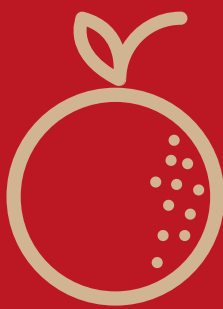
CONNECT WITH FRIENDS AND FAMILY

EAT MORE HEART-HEALTHY FOODS

GET 6-8 HOURS OF SLEEP AT NIGHT

LAUGH, SMILE AND PLAY

HEALTHY HEART TIPS COMPILED BY SUNDRA FRANKLIN.



# SOUP'S ON!

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**BY SELMA JACKSON**

Soup and winter are kissing cousins!! I love soup all year round, but winter time is my favorite soup season. If I am not baking, I am making some kind of soup: tomato, squash, mushroom, vegetable, cauliflower, broccoli, potato, salmon or carrot ginger.

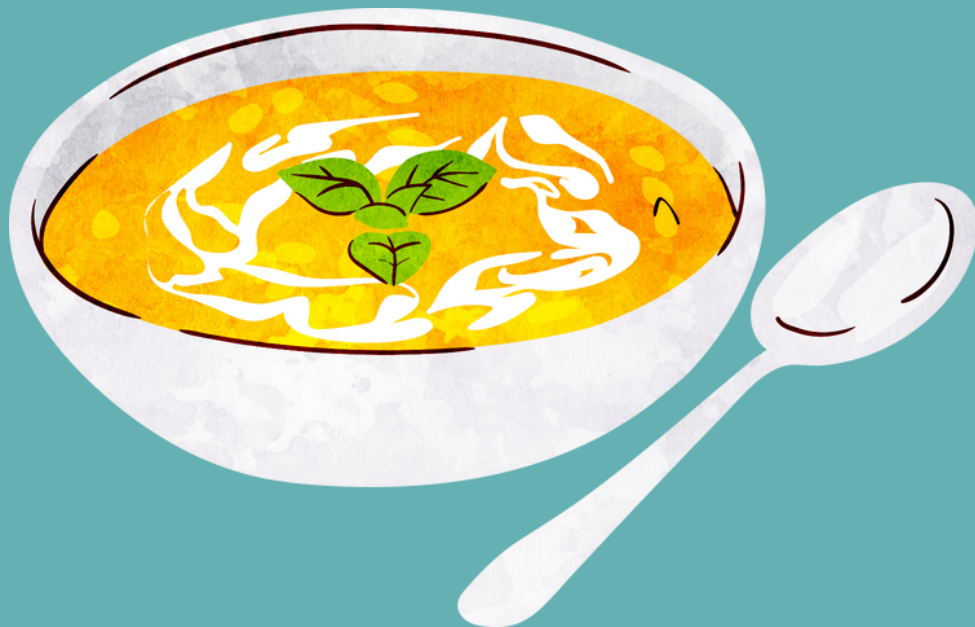
Spring and fall soups for me are signaling seasons changing: leaving winter or recognizing it's coming! In both cases it's squash or tomato soup! For the most part I want a hearty bread to accompany my soup, but with tomato soup it's a grilled cheese sandwich.

Now when it comes to summer I love gazpacho and there is nothing better than fresh chilled cucumbers and tomatoes with garlic, cilantro and peppers that give a little heat. Pulse in the food processor and the results are delicious.

Soups are easy to make, nourishing and for me comfort food. Use your favorite broth either store bought or homemade. For a different taste try Trader Joe's ginger miso broth.

To me that's the joy of homemade soup, it tastes like you want because you made it!! I've added some recipes which you can adjust to your own tastes.

January is National Soup Month.



# SOUP RECIPES



**BY SELMA JACKSON**

Sautee your seasonings, usually onion, garlic, shallots or scallions. Add spices coating your seasonings; add broth and the main ingredients diced to bite size.

Bring to a boil, then reduce heat and simmer for about 20 minutes or until desired tenderness.

The squash, tomato and carrot ginger need extra preparation. I use butternut, honey nut, acorn or buttercup (which now has a Japanese name) and roast them. Use only one kind or mix them.

Cut them in half (roast seeds to sprinkle on servings) placing on parchment paper lined cookie sheet and bake until tender. Let cool and scoop out squash into a food processor and puree on high adding some broth and/or cream as needed to desired consistency.

Add nutmeg and a touch of cinnamon and a little white pepper.

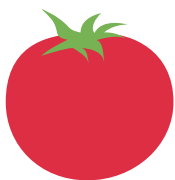
Serve with hearty bread.

## TOMATO SOUP

For tomato soup you need to boil water drop the tomatoes in the boiling water for 2-3 minutes. Remove them and skin them.

Chop and cook on low flame. Again use the food processor to puree.

Some recipes call for seeding the tomato soup; I let the puree make the seeds smaller. Season to taste.



## CARROT GINGER SOUP

Carrot ginger is another soup that needs the food processor. Use a vegetable broth and add orange juice instead of garlic.

Most of all have fun creating your soups. Look up recipes and change the ingredients as your taste buds suggest. What are your favorite sides: sandwiches, croutons, breadsticks, oyster crackers, you decide, but most of all enjoy!



# MY SELF-LOVE

BY GLENDA PATTERSON



Self-love is the purest form of love, but not the easiest to express. It took me a minute to really understand self-love. I was a young mother with a husband who I loved and tried to make sure he and my daughter had what they needed as far as emotional stability. I was so busy loving up on them that I just didn't take care of me.

I worked and went to school at night. But I still was a wife and a mother, I never complained about what was on my plate, I just kept on keeping on.

One day I read an article about self-love, and it was remarkably interesting and that is when I had an aha moment. I said to myself you are supposed to love yourself.

That is the day my whole life changed for the better. I brought myself a journal and started writing about myself and how I am going to love myself unconditionally. I realized that I was worried about my family's happiness but not my own happiness.

Every day I wrote positive thoughts to myself. My very first quote was "I love you Glenda Patterson and there is nothing you can do about it." That made me feel so empowered. I wrote the next day "I am love and I am loved." The next day I wrote Smile.

These are some of the quotes that I still use today to keep my self esteem on point. Self-love is not selfishness it is necessary.

*Glenda Patterson is a Certified Life Coach as well as a contributing writer for THIRD CHAPTER LIVING.*



# WHAT IS AGEISM?

BY SYLVIA CHEEKS

This is the first time I've heard about ageism. What is ageism? Ageism is discrimination against individuals or a group on the basis of age. Putting the brakes on ageism is a way of reframing our communications.

Framing ageism is a state of mind. It's about choice. The way I think about aging is presenting information that will increase the ability to understand older adults. The expert says we should embrace aging. We should not let older adults feel unworthy.

I feel that older adults have a lot to offer like our ability to tap into wisdom and insights on certain issues such as our understanding of what it means to grow up. Older persons with positive age beliefs were nearly 50% less likely to develop dementia than their peers who held negative beliefs.

I believe negative communication places negative thoughts in the mind and produces negative attitudes and actions.

Our words matters. Tapping into attitudes with words that give a positive thought, understanding a person's feelings and showing compassion by how we speak to one another can help us reframe our communication on ageism. The solution is always to share the positive.





# The Age Friendly Central Brooklyn, Inc.

## Culture Corner

Inspired by THIRD CHAPTER LIVING Editorial Board members Sheila Cox and Selma Jackson this month Culture Corner notes the passing of Sidney Poitier and Lee Elder.

### MEMORIAM

Lee Elder, professional golfer

Born: July 14, 1934, Dallas, TX

Died: November 28, 2021, Escondido, CA

In 1975, Lee Elder became the first African American to take part in the Masters Tournament, a signature moment in breaking the golf color barrier. He would go on to play in the Masters six times. His top finish at the Masters, a tie for 17th place in 1979. He won four PGA Tour events and finished second 10 times. He joined the PGA Senior Tour, now the Champions Tour, in 1984, and won eight times.

Sidney Poitier, Bahamian and American actor, film director and diplomat

Born: February 20, 1927 Miami, FL

Died: January 6, 2022, Los Angeles, CA

Sidney Poitier was the first African American actor and the first Bahamian to win the Academy Award for Best Actor for “Lilies of the Field”.

### SIDNEY POITIER POEM

BY SALINA COLEMAN

Sidney Poitier was a Bahamian actor, film director, and diplomat. A tall, charming, and smooth talking brother was he... yesssss, he was all that!!!

Sidney Poitier, the first Black actor to win an Academy Award. Folks looking at him, a Negro... dressed down so sharply, His look would cut just like a sword.

Sidney Poitier, had such an influence both on and off the big screen. Playing great roles such as Lilies of the Fields, and acted as a Black convict who befriends a racist white prisoner, and did it quite amusingly.

Sidney's rise to fame made profound changes. Especially the day he decided to take a stand, against segregation and racial injustice.

Because of his work ethics and dedication, Sidney was voted as the number one star on the list. First time in history a black man topped that spot, and it led to receiving a presidential freedom award, from the First Black President.

For all those who saw unworthiness when they looked at him back then. Why does White America love him so? It's because he was one in a million!!!



# THERE IS A LOT MORE LIVING AHEAD

BY MARLIENNE CHRISTIAN

Age Friendly Central Brooklyn is vital to us. It concretizes services, policies, and advocacy to assure people in our community age in place with confidence, elegance and grace. Toward that goal, knowledge is power.

The LiveOn 32nd Annual Conference on Aging New York, held virtually January 25-January 27, 2022, increased our learning base and underscored the adage “there is a lot more living ahead.”

## MODERN ELDER

On Tuesday, January 27 the opening plenary speaker was Chip Conley. He is a recognized hospitality strategist and entrepreneur. He is considered an expert in helping people navigate the aging process. He defines the **Modern Elder** as relevant, able to repurpose, emotionally intelligent, secure psychologically and infused with knowledge that comes from prior learning and past experiences. We are wisdom workers and experienced orbiters who offer ROI - Ripples Of Impact- to all ages. He founded the **Modern Elder Academy** to fortify aging as aspirational.

## BUILDING SELF CARE INTO FRONTLINE ORGANIZATIONS

Following the morning opening, I attended an afternoon workshop on **Building Self Care into Frontline Organizations**. Wellness, illness, age joining race, gender, sexual identity, religion as a diversity index, and several integrative approaches to self-care were discussed in small groups.

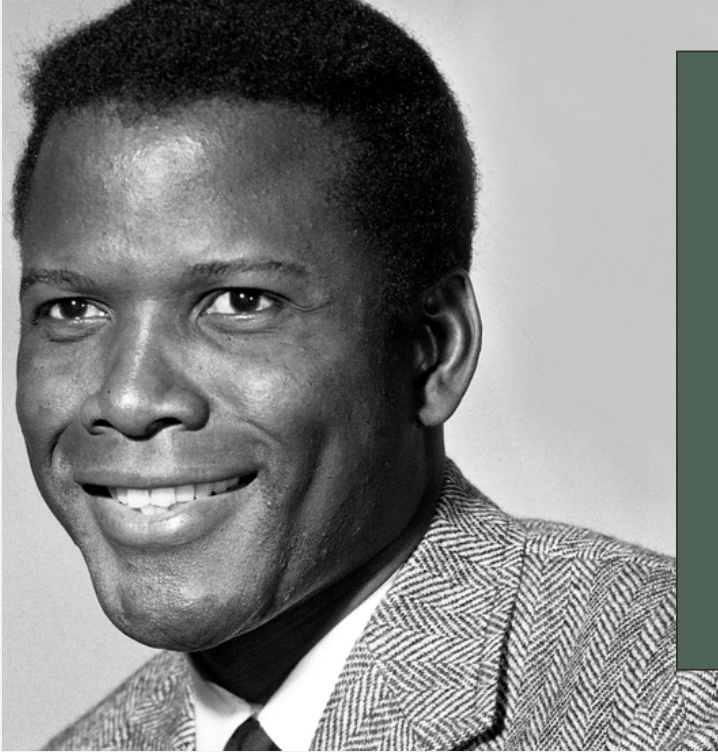
Sleep, nutrition, movement, environment, relationships, and spirituality, were highlighted along with ways organizations can give incentives of flexibility, including personal days, vacation days, gift cards and gift baskets to help staff and volunteers remain safe, sane and avert burnout.

Attending was inspirational and affirming of all that AFCBI incorporates in its mission and its acts.





# SIDNEY POITIER



Born: February 20, 1927  
Miami, FL

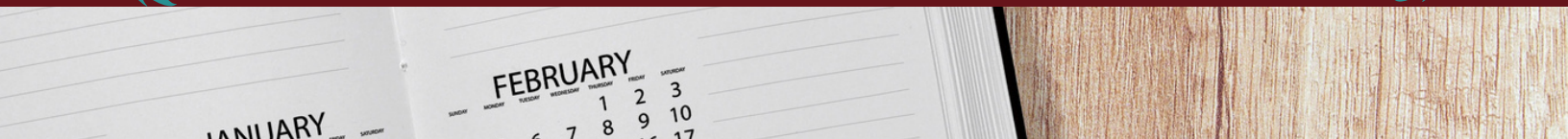
Died: January 6, 2022  
Los Angeles, CA

## QUOTE FROM THE MEASURE OF A MAN: A SPIRITUAL AUTOBIOGRAPHY BY SIDNEY POITIER

“I’ve learned that I must find positive outlets for anger or it will destroy me. There is certain anger: it reaches such intensity that to express it fully would require homicidal rage--self destructive, destroy the world rage--and its flame burns because the world is so unjust. I have to try to find a way to channel that anger to the positive, and the highest positive is forgiveness.”

# Save the Date & Mark your Calendar

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN MARCH  
AND APRIL 2022



## TIME TO ZUMBA

**Mondays 10AM and 6PM**

**Come Dance With Us!  
LoGo Move Your Body  
Zumba Gold Classes**



## JUICY JOINTS NATION – CHAIR YOGA & MOVEMENT

**Tuesdays and Thursdays, 10:15AM-11:15AM**

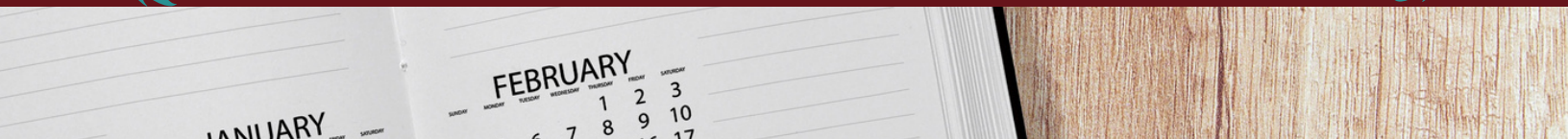
Twice a week on Tuesday and Thursday, to promote healthy aging, Tameeka Nicole, owner and chief well-being curator of EmergeSoul, offers an “age friendly” virtual class that combines conscious breathing, meditation and mindfulness movement while sitting in a chair. Join the Juicy Joints Nation!

Classes are virtual for now: [EmergeSoul.com](https://emerge-soul.com)



# Save the Date & Mark your Calendar

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN MARCH AND APRIL 2022



## age friendly CENTRAL BROOKLYN

### Elder Wednesday Luncheon

March 23 virtual

April 27 - Virtual or In-person: TBD  
Observing AFCBI 10th Anniversary

AFCBI's 10th anniversary is April 20. To commemorate, we're hoping to do an in-person lunch on this day to celebrate this momentous occasion. Status of COVID and the weather pending. More to come.

May 25 - Virtual or In-person: TBD  
June 22 - Virtual or In-person: TBD

### GENERAL MEETING

The 2nd Tuesday of each month is our is our Age Friendly Central Brooklyn, Inc. (AFCBI) General Meeting from 2:30PM-4:30PM

March 8 - Virtual  
Honoring Women's History Month

We are celebrating Women's History Month on this day. Please be prepared to present for 3-5 minutes on the woman of your choosing.

- April 12 - Virtual or In-person: TBD
- May 10 - Virtual or In-person: TBD
- June 14 - Virtual or In-person: TBD

AFCBI takes the summer off. No General Meeting in July and August. Our General Meetings resume in September and run through December.





## Making Central Brooklyn a great neighborhood to age-in-place!

### FACT SHEET

Contact: Donna Williams, [secretary@agefriendlycb.org](mailto:secretary@agefriendlycb.org); 917-940-3676

### 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:

- *Be at least 62 years of age*
- *Complete a membership application and pay dues*
- *Make a one-year commitment to the program*
- *Attend orientation (held 1st Tue of the month)*
- *Volunteer at least six hours per month 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, participants and volunteers.*

- **Participants:** *Individuals who sign up for our life-long learning series and 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.*

*A core requirement of membership is to join one of the four Cohort Groups below. Members are able to self select based on their personal interests: 1. Advocacy; 2. Economic Empowerment; 3. Intergenerational; and 4. Social Inclusion.*

### What programs or services does AFCBI provide?

AFCBI offers a variety of programs and services to promote healthy aging and longevity including: Blue Zone Cooking Course, Movement is Medicine Fitness Classes by Tameeka Nicole, EmergeSoul, Aging Mastery Program (AMP), Arts and Crafts, Language and 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.