

THIRD CHAPTER LIVING



ISSUE 18 | JUNE 2022

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



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IN THIS ISSUE...

Greetings Age Friendly Community,

This month's cover story is by guest writer **Lynette Lewis-Rogers** who reflects on AFCBI's 10th Anniversary Luncheon (April 27).

Linda Laverpool makes her debut in the Poetry Corner.

This year, Juneteenth and Father's Day fall on the same day. Contributing Writer **Selma Jackson** makes a connection between the two observances.

Photographer **Sheila Cox** takes us on a journey discovering the delicious fruits and vegetables available during the summer. Yum!

Contributing Writer **Glenda Patterson** reflects on soul food, a familiar staple for many people of color, as we celebrate National Soul Food Month.

Glenda debuts her new column, *The Feel Good Corner*.

Guest writer **Tameeka Nicole** shares her gratitude and admiration for the MAS Quilt participants.

And finally in the Culture Corner, I look at Black Music Month and LGBTQIA Pride Month both celebrated in June.

Cover: Cake served at AFCBI 10th Anniversary Luncheon.
Baked by Heavenly Crumbs. Photo credit: **Velvet Hall**

Continue to stay safe,

Donna Williams

Editor in chief

THIRD CHAPTER LIVING

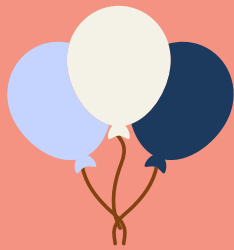
June

June is the sixth month in the Julian and Gregorian calendar and has 30 days.

June is the month when schools are let out for the summer and has the longest day of the year with the most daylight hours in the Northern Hemisphere.

June is the middle of the year and is the midpoint of the growing season between planting and harvesting.

June is a popular month for weddings because of the good weather. Also, June is considered auspicious for weddings because it's named after Juno, the Roman goddess of marriage, home, and family.



A Happy Birthday Shoutout:

5 – PEARL JONES



Quick Facts about June:

Birthstone:

Pearl, moonstone and alexandrite

In 1912, the National Association of Jewelers of America met to standardize birthstones. It was decided June would have two birthstones pearl and moonstone. In 1952, the Jewelry Industry Council of America added a third birthstone, alexandrite.

Birth Flower: Rose and Honeysuckle

Zodiac Sign

Gemini May 21 - June 20

Cancer June 21 - July 22



AFCBI's 10th ANNIVERSARY LUNCHEON



ANNIVERSARY LUNCHEON

BY LYNETTE LEWIS-ROGERS

I was so excited that I might finally be able to go and join the ladies for an Elder Wednesday luncheon. It will be nice to see everyone in person rather than just on Zoom.

I already told my daughter in law that I will be bringing my grandson home early because I had a “date with the ladies”.

I saw this as a chance to wear dress pants instead of sweat pants. Maybe I'd even buy a new blouse.

I remembered the last time we had lunch together. I think it was a seafood place on Nostrand Avenue called Bleu Fin. We had such a good time sitting on the benches, ordering a variety of dishes so that we could try each other's choices. Oh what fun we had!

Then there were the lunches we shared virtually over Zoom. We each prepared our own lunches and shared stories of how we made our lunch and marveled at our various table scapes.

Yes I was so looking forward to our April Wednesday Lunch.

Then someone reminded us that April would be AFCBI's 10 year Anniversary. Oh that's nice I thought, in my mind it meant that maybe many more of our AFCBI members would show up.

Instead what happened is that my vision of the luncheon was turned up several notches and what I thought would be a low key chance to lunch with the ladies turned out to be an elegant afternoon extravaganza complete with local and political dignitaries, flowers and balloons!

With no time to spare in a matter of three weeks our resident “Party Planners” shifted into high gear and in no time they had selected a venue, menu selections, elegant tablescapes, and appropriate color scheme for what was now...not just a luncheon... but an Anniversary Celebration.

I did not have this vision when we first spoke about our April Wednesday Lunch. Thanks to our visionaries, Donna, Selma, Tameeka, Deborah, Sylvia, Velvet, Linda, and Veronica, this simple luncheon was transformed into a memorable event held at Sugar Hill.


It was truly a celebration of 10 years of Age Friendly alive and well in Central Brooklyn. It was great to see long time members, especially the original members that were there from the start, as well as new ones that have made themselves an intricate part of the organization.

As we shared old and new ideas, I couldn't help but wonder what VISIONS are ahead for the next 10 years????

This was a luncheon to remember...I'm so glad I ditched the new blouse idea and bought a new dress instead!



**These are pictures from our 10th year Anniversary Luncheon.
Photo credit: Velvet Hall**



The Age Friendly Central Brooklyn, Inc. Poetry Corner

WELCOME TO THE AGE FRIENDLY POETRY CORNER.

EACH MONTH WE FEATURE THE CREATIVE WORK OF A MEMBER
FROM OUR AGE FRIENDLY COMMUNITY.

FOR JUNE, WE HAVE A POEM FROM LINDA LAVERPOOL ENTITLED
IF...

IF...

IF, I was happy tears would not flow.

IF, my life was content, tears of joy would overcome me.

IF, I was organized, CLUTTERING would not be a CHALLENGE!

IF, I could love like I wanted to, there would be no judgment!

IF, we could live in harmony, there would be no wars.

IF, we could love one another, there would be no hatred.

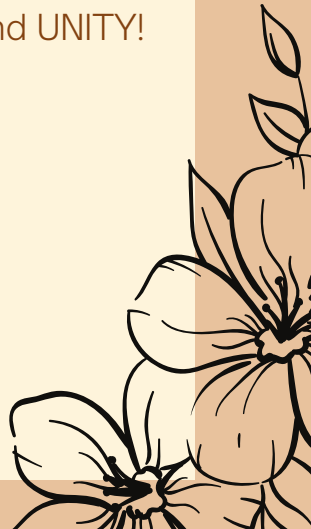
IF, we could love our SISTERS and BROTHERS, there would be no KILLINGS!

IF, we all could love GOD, the WORLD would be a better place to live in.

IF, we all could just LOVE ONE ANOTHER, we can live in HARMONY and UNITY!

IF!.... IF!.... IF!....

By Linda S. Laverpool
Thursday, May 19, 2022



JUNETEENTH

AND

FATHER'S DAY

BY SELMA JACKSON

HONORING FATHER'S DAY AND JUNETEENTH

THIS YEAR FATHER'S DAY AND JUNETEENTH FALL ON THE SAME DAY. NOW THAT JUNETEENTH IS A NATIONAL HOLIDAY, IT WILL BE CELEBRATED ON MONDAY, JUNE 20 THIS YEAR.

FATHER'S DAY WAS FIRST OBSERVED IN 1910 IN SPOKANE WA. IT WAS RECOMMENDED BY SONORA SMART DODD IN TRIBUTE TO HER FATHER WHO RAISED HER AND HER FIVE BROTHERS ALONE.

THE HOLIDAY WAS NOT OFFICIALLY EMBRACED BY THE GOVERNMENT AS IT APPEARED TO BE PROMOTING MERCHANDISE SALES OF TIES, SHIRTS, AND PIPES. PRESIDENT WOODROW WILSON ATTEMPTED TO DESIGNATE THE DAY AND CONGRESS REFUSED TO CONSIDER THE REQUEST.

PRESIDENT LYNDON JOHNSON RECOGNIZED THE DAY, BUT IT WAS NOT SIGNED INTO LAW UNTIL 1972 BY PRESIDENT NIXON.

EVEN THOUGH OFFICIAL DESIGNATION DIDN'T TAKE PLACE UNTIL 1972 THAT DID NOT STOP ME AND MY FOUR SISTERS FROM CELEBRATING OUR DAD ON FATHER'S DAY.

YES HE GOT PLENTY OF TIES, SWEATERS, SOCKS, SHIRTS, BUT ALSO HIS FAVORITE DISHES EVERY YEAR THAT WE SHARED WITH HIM.

WE WERE BLESSED TO HAVE OUR DAD UNTIL WE ALL REACHED ADULTHOOD AND WERE THANKFUL FOR THE MANY LESSONS WE LEARNED AS HE NURTURED US.

MY DAD DROVE A BUS AND A CAB FOR A LIVING SO IT WAS NO SURPRISE WHEN HE DROVE FOUR OF US TO THE HOSPITAL TO DELIVER 9 OF HIS 12 GRANDCHILDREN. SADLY HE JOINED THE ANCESTORS BEFORE THE LAST THREE WERE BORN. HE WAS MY HERO AND I TRY TO CARRY ON THE LEGACY OF BOTH MY PARENTS.

JUNETEENTH HAD A LONGER JOURNEY TO GAIN RECOGNITION AS A NATIONAL HOLIDAY! ON JAN 1, 1863 PRESIDENT LINCOLN ISSUED THE EMANCIPATION PROCLAMATION DECLARING ALL ENSLAVED PEOPLE IN THE STATES THAT HAD SECEDED FROM THE USA WERE DECLARED FREE.

THIS ACCOUNTED FOR 3.5 MILLION OF THE 4 MILLION ENSLAVED PEOPLE IN USA! HOWEVER THIS MESSAGE DID NOT REACH GALVESTON, TX UNTIL JUNE 19, 1865!!

A JUBILANT CELEBRATION BEGAN THAT DAY AT THE ANNOUNCEMENT OF FREEDOM! IN 1980 THE STATE OF TEXAS DECLARED JUNE 19 A STATE HOLIDAY!

WHILE THERE HAVE BEEN CELEBRATIONS SPORADICALLY AROUND THE COUNTRY IN BLACK COMMUNITIES SINCE 1865 (CELEBRATIONS OCCURRED IN FORT GREENE PARK IN LATE 1800'S), JUNETEENTH WAS OFFICIALLY SIGNED INTO LAW BY PRESIDENT BIDEN AS A NATIONAL HOLIDAY IN 2021!

THIS YEAR IS OUR FIRST TIME CELEBRATING JUNETEENTH NATIONALLY!! WITH THE OFFICIAL DAY FALLING ON A SUNDAY THERE WILL BE CELEBRATING SATURDAY, SUNDAY AND MONDAY!!

BUT LET US NOT FORGET...THIS WAS TO DECLARE OUR FREEDOM! SO WHILE WE HAVE TWO HOLIDAYS, DR KING'S BIRTHDAY AND JUNETEENTH WE STILL HAVE WORK TO DO TO GAIN FULL FREEDOM FOR OUR PEOPLE IN THIS COUNTRY!!

RUMORS OF WAR



COMPLETED 2019

**LOCATED AT THE VIRGINIA MUSEUM OF FINE
ARTS ENTRY WAY ON ARTHUR ASHE BLVD.**

This replaces the Robert E Lee
confederate statute.



The Age Friendly Central Brooklyn, Inc. Poetry Corner

WELCOME TO THE AGE FRIENDLY POETRY CORNER.

EACH MONTH WE FEATURE THE CREATIVE WORK OF A MEMBER
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THIS MONTH WE DEBUT THE FEEL GOOD COLUMN
BY THIRD CHAPTER LIVING CONTRIBUTING WRITER AND
CERTIFIED LIFE COACH GLENDA PATTERSON


THE FEEL GOOD CORNER

The Feel Good Corner is going to be a column about
feeling good and loving yourself first.

Most women take care of everyone else first before
they take care of
themselves. Well, this column is about getting women
to take care of themselves first by smiling, taking
walks, meditation and praying.

Learning how to be less stressful. Those are just a
few topics that will be featured in The Feel Good
Corner.

I will even be telling a few jokes. I don't know how
funny they will be, but they will put a smile on your
face whether they are corny or not. I would like to end
with a joke. What is the ocean's favorite song? Surfin'
USA. Smile...





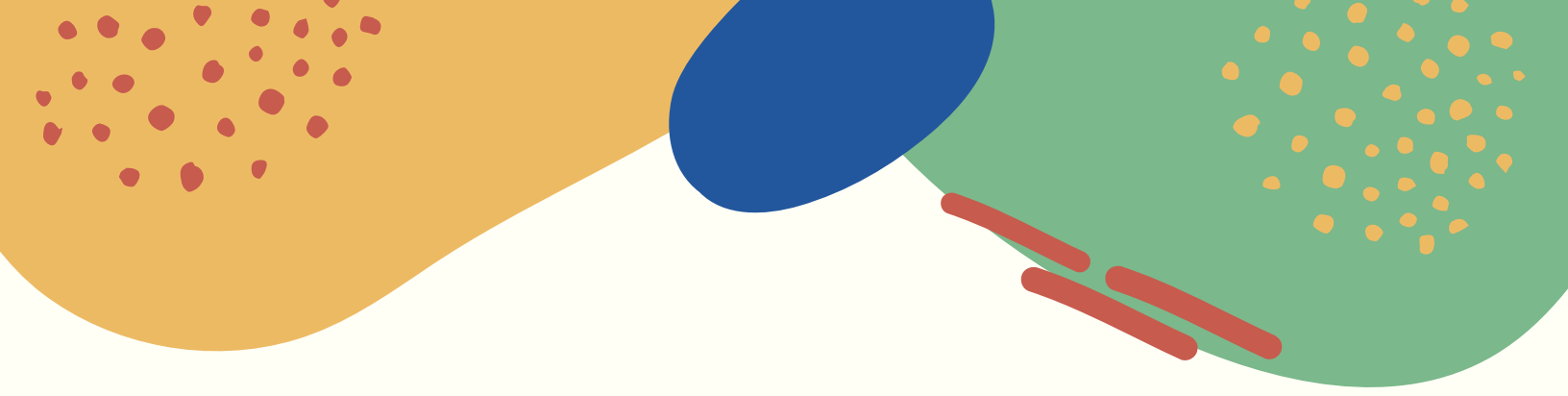
MAS EXHIBITION

BY TAMEEKA NICOLE

Every Wednesday for nine-weeks, twenty-five dynamic older adults made a personal commitment to sign on to Zoom for a project called MAS, a quilting, healing and oral history art project that produced a beautiful quilt. The quilt represents fragmented pieces coming together to tell one beautiful story.

On May 5, 2022 the MAS participants shared their MAS Quilt of self-care, self-love and self-empowerment with the community. There was standing room only at the reveal held at the historical Restoration Plaza, a community institution that preserves so many different stories and expressions of art, and now the MAS Quilt has been added to the rooster.





The reveal of the Quilt was the first time project participants viewed it in person. By the smiles, tears and endless selfies, it was evident that they were pleased with their efforts. Hugs and laughter filled the room as some of the participants met each other for the first time in person.

During the artist talk, participants shared stories of overcoming fear and finding courage to freely express themselves. Project Artist Elvira Clayton expressed that she learned so much from the participants and expressed whole-heartedly, “it’s not what I gave to them, it’s what they gave me and that was inspiration.”

I found myself speechless at the event, as my heart swelled with gratitude and admiration for the twenty-five brave souls, who found the courage to share their stories of self-preservation.



THE AGE FRIENDLY CENTRAL BROOKLYN, INC.

CULTURE CORNER

INSPIRED BY THIRD CHAPTER LIVING EDITORIAL BOARD MEMBERS SHEILA COX AND SELMA JACKSON, THIS MONTH WE SPOTLIGHT BLACK MUSIC MONTH AND LGBTQIA+ PRIDE MONTH BOTH OBSERVED IN JUNE.

BLACK MUSIC MONTH

PHILADELPHIA PRODUCER AND SONGWRITER KENNY GAMBLE WAS INSPIRED BY THE COUNTRY MUSIC ASSOCIATION (CMA) WHEN HE VISITED NASHVILLE, TN IN THE 1970S. IN 1978, GAMBLE STARTED THE BLACK MUSIC ASSOCIATION. WITH MEDIA STRATEGIST DYANA WILLIAMS AND RADIO DJ ED WRIGHT, GAMBLE THEN FOUNDED BLACK MUSIC MONTH.

ON JUNE 7, 1979, PRESIDENT JIMMY CARTER DESIGNATED JUNE AS BLACK MUSIC MONTH HOSTING THE FIRST BLACK MUSIC MONTH CELEBRATION ON THE WHITE HOUSE LAWN.

IN 2009, PRESIDENT BARACK OBAMA RENAMED THE MONTH FROM BLACK MUSIC MONTH TO AFRICAN-AMERICAN MUSIC APPRECIATION MONTH.



LGBTQIA+ PRIDE MONTH

ACCORDING TO THE LIBRARY OF CONGRESS, LGBTQIA PRIDE MONTH IS “MEANT TO RECOGNIZE THE SWEEPING IMPACT THAT LGBT INDIVIDUALS, ADVOCATES, AND ALLIES HAVE ON HISTORY IN THE UNITED STATES AND AROUND THE GLOBE”.

IN 1999 AND 2000, PRESIDENT BILL CLINTON DECLARED JUNE GAY & LESBIAN PRIDE MONTH.

IN 2011, PRESIDENT BARACK OBAMA EXPANDED THE OBSERVANCE TO LGBT (LESBIAN, GAY, BISEXUAL AND TRANSGENDER) PRIDE MONTH

IN 2021, PRESIDENT JOE BIDEN DECLARED JUNE LGBTQ+ PRIDE MONTH.

LGBTQIA+ IS AN INCLUSIVE TERM THAT INCLUDES PEOPLE OF ALL GENDERS AND SEXUALITIES, SUCH AS LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUESTIONING, QUEER, INTERSEX, ASEXUAL, PANSEXUAL, AND ALLIES. WHILE EACH LETTER IN LGBTQIA+ STANDS FOR A SPECIFIC GROUP OF PEOPLE, THE TERM ENCOMPASSES THE ENTIRE SPECTRUM OF GENDER FLUIDITY AND SEXUAL IDENTITIES.



FRESH FRUIT AND VEGETABLE MONTH

BY SHEILA COX

Unofficially since 1991, June has been designated as Fresh Fruit and Vegetable Month. Fruits and vegetables have always been important in everyone's diet, but the last two and a half years of a pandemic has brought to the forefront in communities of color the lack of affordable and quality produce.

This is the time of the year to take advantage of crops coming into markets, which have been freshly picked. Some of these fruits are: berries (blackberries, blueberries, cherries, strawberries), watermelon, honeydew melon, cantelope, peaches, and apricots.

For vegetables look for kale, cucumbers, zucchini, tomatoes, onions, avocados, and peppers (red, green, yellow).

Our Age Friendly group have learned a lot over the last 10 years from Chefs Sia Pickett and Marilyn Moore on preparing fruit and vegetables into simple easy recipes.

Quick Easy Lessons are:

- 1) Don't be afraid to try something new as a kiwi, bok choy, mango, and passion fruit just to name a few.
- 2) Add fruits and vegetables to smoothies, drinking water.
- 3) Try to drink or eat at least five servings of fresh fruits / vegetables a day. Yes juice counts as a serving.
- 4) Buy / share with family/ neighbors, if fresh produce you purchase is too much for you and your family.
- 5) Checkout community gardens and farmers markets to see what is available at affordable prices and quality.
- 6) Also check with your primary care physician about what produce may affect medications or personal medical conditions. Examples being dark green vegetables and medicines such as blood thinners or dialysis treatment

Above all enjoy the fresh produce that surrounds you and try something new and prepare something wonderful !

Happy Fresh Fruit And Vegetable Month!



NATIONAL SOUL FOOD MONTH

BY GLENDA PATTERSON

Soul food history month was founded in 2001 to celebrate the rich history of soul food. The term soul food was first used in print in 1964 during the rise of "Black Pride" which was a celebration of African American culture including soul music which was celebrated for their contribution to the American way of life.

When you hear the words soul food what comes to mind? For me, I think of fried chicken, collard greens, potato salad mac & cheese, etc. I think about the pork dishes my mother used to make barbecue spare ribs. (I have eaten the pig from the rutter to the tutter.)

These were delicious dishes that she made to nourish our bodies so we could grow up nice and healthy.

Soul food was a name given to the worst parts of all cattle, cows, goats, pigs, hogs, and chickens. The inners of these animals were given to the slaves by their masters for food. The liver, hearts, kidneys, and let's not forget the pigs' intestines were all made to taste good.

The female ancestors took those same parts and turned them into something delicious by using all kinds of herbs, spices, and other seasonings to season up those inners to be what we now call soul food. They also made side dishes to go with the meats, and whatever greens they grew on their piece of land given to them by their master and whatever flour or grain they would make cornbread, hoecakes, and anything else you could make with those ingredients to make good food.

The ancestors were cooking from the soul for the soul to survive eating well with what they had.

Happy National Soul Food Day!



LET'S COME TOGETHER TO
END GUN VIOLENCE

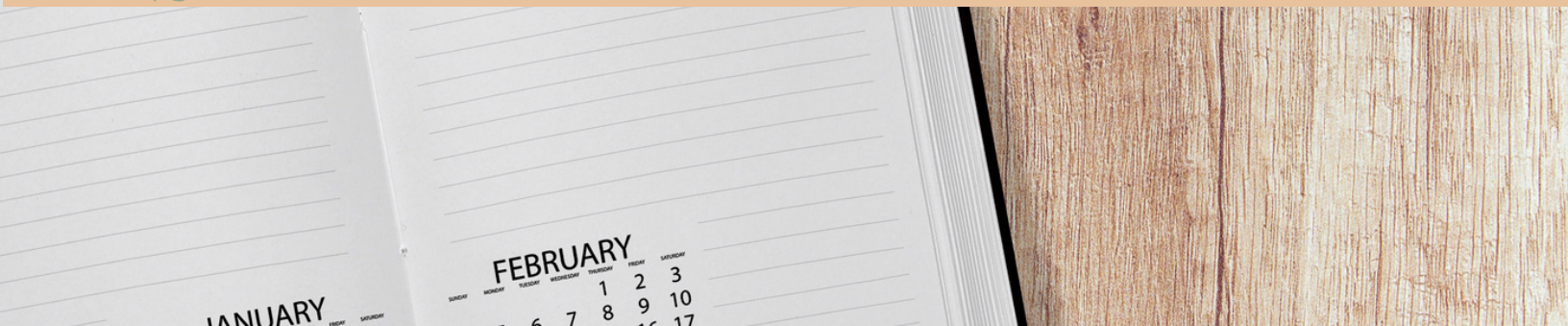


**STOP THE
VIOLENCE**

**OUR ELECTED OFFICIALS
NEED TO HEAR OUR
VOICES.**

Please vote in 2022
Primaries on Tuesday, June
28th and Tuesday, August
23. Visit [Elections NYS 2022](https://www.elections.ny.gov)
for info on your election
district.

Monthly Events



age friendly CENTRAL BROOKLYN

Elder Wednesday Luncheon

**Age Friendly Central Brooklyn, Inc.
(AFCBI)**

Orientation for New Members

Wednesday, June 22 at 1:00PM

GENERAL MEETING

The 2nd Tuesday of each month is our is our
Age Friendly Central Brooklyn, Inc. (AFCBI)

**General Meeting Tuesday June 14,
2:30PM-4:30PM**



The Southern Comfort

Celebrate Juneteenth!

KowTeff's 12th Annual Juneteenth Celebration

Saturday June 18, Noon-8PM at Restoration

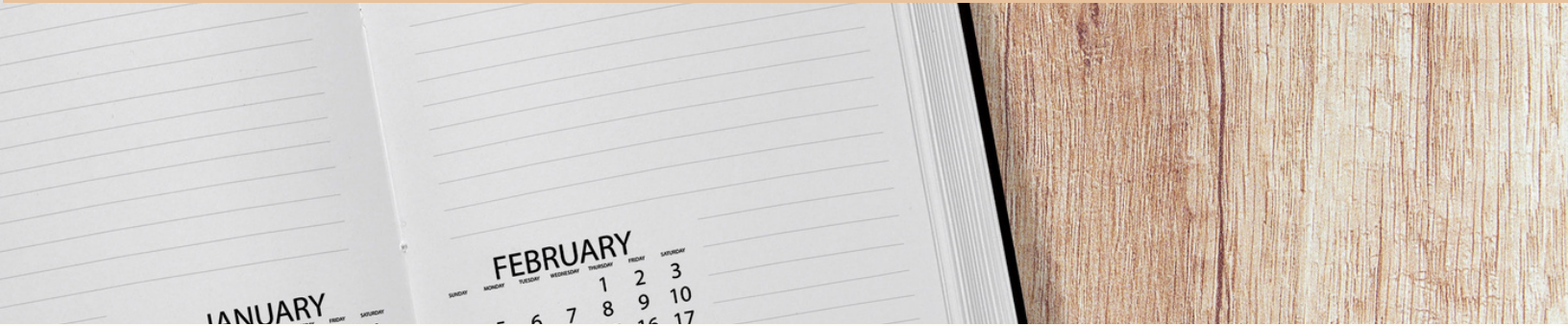
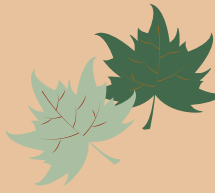
CB3 Senior Luncheon

**Age Friendly Central Brooklyn, Inc. (AFCBI)
Orientation for New Members**

Thursday, June 16, Noon-3pm



Upcoming Events



Taking a summer hiatus.

No official AFCBI events or activities are planned for July and August, but that doesn't mean you can't get together on your own.





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

FACT SHEET

Contact: Donna Williams, 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.