

age
friendly
CENTRAL BROOKLYN

THIRD CHAPTER LIVING

GOING STRONG FOR TEN YEARS!



ISSUE 16 | MARCH & APRIL 2022

CELEBRATING WOMEN &
10 YEARS OF AGE FRIENDLY CENTRAL BROOKLYN, INC.



THIRD CHAPTER LIVING

ISSUE 16 | MARCH & APRIL 2022

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

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IN THIS ISSUE...

Greetings Age Friendly Community,

In this joint issue, we celebrate Women's History Month in March and the 10th anniversary of Age Friendly Central Brooklyn Inc., in April. I offer a recap of the women's presentations from earlier in the month.

Contributing writer and photographer **Sheila Cox** searched her archives and provided photos documenting our history.

AFCBI member and guest writer **Beverly Reid** talks about the 21 day plant based diet she and **Selma Jackson** recently completed.

Sharon Lyons continues to inspire us with her poetry, a Black Glinda makes her debut on Broadway in "Wicked" and we offer a special section to commemorate our anniversary with quotes from our **Honorable Dr. Al Vann, Honorable Robert E. Cornegy, Jr.** and **Assemblymember Stefani L. Zinerman**.

On the cover: Age Friendly Ambassadors pictured from left to right: **Ernestine Riley, Sundra Franklin, Veronica Morris, Thelma Reyes, Pastor Gwendolyn H. Dingell, Beverly Mapp, Brenda Johnson, Portland Zinerman, and Sheila Cox.**

Photo Credit for this month's cover: **Stella Magloire**

Continue to stay safe,

Donna Williams

Editor in chief

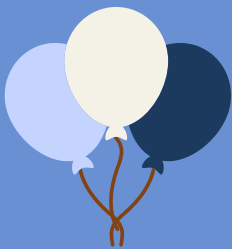
THIRD CHAPTER LIVING

March

March is the third month in the Julian and Gregorian calendar, has 31 days and is the beginning of spring.

March is named after Mars, the Roman God of war. Originally, March was the first month of the Roman calendar.

This year, in March, we moved our clocks forward an hour, possibly for the last time. If the legislation passed unanimously by the Senate to make daylight savings permanent becomes law that would end the changing of the clocks!



A Happy Birthday Shoutout:

6 – VICTORIA GRAVES CADE
14- BESSIE EDWARDS



Quick Facts about March:

Birthstone:

Aquamarine and Bloodstone

Different in appearance aquamarine is blue with a green tint and bloodstone is light to dark green with splashes of rusty red. Both stones have a reputation for protecting one's well-being.

Birth flower

Daffodil and the Jonquil

Horoscope:

Pisces February 19 - March 20

Aries March 21 - April 19



CELEBRATING WOMEN'S HISTORY MONTH

BY DONNA WILLIAMS

On March 8, during AFCBI's General Meeting, several members of the Age Friendly community offered 3-5 minute presentations about a woman of their own choosing to celebrate Women's History Month.

To set the stage Lynette Lewis-Rogers opened the presentations by reading the poem *Phenomenal Woman* by Maya Angelo.

From Carol Harris, we learned about Ruby Bridges, the first African-American child to desegregate all-white William Franz Elementary School in New Orleans, Louisiana on November 14, 1960.

While most people know of Bessie Smith and Ma Rainey, Sheila Cox introduced us to blues singer Georgia White, most prolific in the 1930s and 1940s. Sheila found and shared with us White's recording of *Hot Nuts Get 'Em From The Peanut Man*.

Jacqueline Williams spread the word about Jarena Lee, the first female preacher in the African Methodist Episcopal (AME) Church. In 1886, Lee became the first African American woman to have an autobiography published in the U.S.

Many talked openly and lovingly about the impact of family. Sylvia Cheeks shared stories about her mom, Susan O'Garro, and a photo of the banner honoring her which is being featured in Comondor Park (aka City Park) until July 2022.

Veronica Morris also spoke about her mom, a woman of faith, Lucille Scott Morris.

Evelyn Collier spoke with joy and passion about her sister Wandra Collier Purnell and presented her video *Heal America, Heal The Nation*.

Linda Hawkins gave respect and glory to her five sisters, the most important women in her life. Linda lost her mom at an early age. The six sisters have stuck together through good and bad times and have always been there for each other.

Linda Laverpool's shero is poet Maya Angelou. Her two favorite poems are *Phenomenal Woman* and *And Still I Rise*. Linda recited for us, three stanzas from *And Still I Rise*.

Deborah Coulthurst Bryant spoke of her love for her daughter Tuborah Bryant and the pride she feels when thinking of her.

I traced my roots to my great, great grandmother Harriet Harshaw who was a slave and the matriarch of the family on my mom's side. Harriet had six children with slave owner Jame Alfred Dula, including my great grandfather.

We all noted the recent passing of an incredible woman, a neighborhood staple, Clara Hayes. Ms. Hayes was the beloved owner of the Macon Hardware Store on the corner of Macon St and Marcus Garvey in Bed Stuy.

Lynette closed the presentation, as only she can do, with a poem on aging and a prayer to uplift, guide and encourage us.

Sharing our stories was time well spent.



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 MARCH, WE HAVE A POEM FROM SHARON LYONS.

FAMOUS WOMEN

Once upon a time, way before our grandma was born women's freedom was a
song never sung.

Men back then said women didn't get it. Who could give them a job, they only
forget it.

They said a women's job was cleaning and cooking, and staying quiet as if we
were a mouse.

It was the women way back then that said, they want more. They loved their
homes, but wanted more than chores.

They demanded the right to earn real pay because they worked just as hard as
men each day.

More than anything they wanted the right to *vote*. And after, all the marches and
protest were done. They won.

These were the famous women in our nation's history.

Today many women in our communities and personal circles have also
demonstrated strength, courage, and character, they are, we are the trailblazers
and pioneers in our own right.

Lets' celebrate us and give ourselves a round of applause.

Written on March 14, 2022.



IS A PLANT-BASED DIET FOR YOU?

BY BEVERLY REID

I am always looking for ways to achieve longevity and to optimize my quality of life, so, when I heard about the Jumpstart program offered by Plant Powered Metro New York (PPMNY), a not-for-profit organization promoting whole foods plant-based eating, I seized the opportunity to learn how I might accomplish my goals.

'Jumpstarts' are comprehensive 21-day programs designed to support individuals through a shift from a diet based on plants as side dishes to a diet where plant foods are the main dishes, in order to reverse chronic conditions such as diabetes and heart disease and to promote overall health.

I am pleased to have taken part in the most recent 21-day Jumpstart that took place from January 30th thru February 27th of this year.

There was a week of introduction and preparation in advance of the actual 21-day period of fully plant-based eating.

The curriculum consisted of weekly on-line sessions, featuring presentations by professionals in the fields of medicine and nutrition on the impact of nutrition on the occurrence and reversal of chronic diseases.

In addition, the sessions featured cooking demonstrations on the preparation of a wide array of plant-based meals and tips on the mindset needed to succeed.

Participants were also supported by mentor groups which functioned as forums for discussion and coaching on concerns and issues specific to various groups, such as, for example, the influence of cultural background on food choice and preparation by African Americans and, nutritional challenges common to persons with diabetes or heart disease.

Continuing support of the shift to plant-based nutrition is made available by PPMNY via continuing access to a wealth of on-line resources as well as opportunities to engage with fellow travelers on the path to wellness.

Jumpstarts are generally scheduled several times a year.

Information on the various programs provided by PPMNY can be found on the PPMNY website at: www.plantpoweredmetrony.org.





The Age Friendly Central Brooklyn, Inc.

Culture Corner

Inspired by THIRD CHAPTER LIVING Editorial Board members Sheila Cox and Selma Jackson, in this month we discuss Brittany Johnson becoming the first Black Glinda in *Wicked* and the new production on the life of Nina Simone *Little Girl Blue*.



Brittany Johnson became the first Black Glinda in *Wicked* when she took the stage in 2019 as the first woman of color to play the role going on as an understudy. But on February 14, 2022, Johnson took over the role full-time as the show's first Black leading lady in *Wicked's* 18 year history.

Wicked is a prequel to the classic story.
The Wizard of Oz.

Wicked

Gershwin Theatre
222 West 51st Street
New York, NY 10019
212-586-6510

Duration: 2 hours and 45-minutes including one intermission



Little Girl Blue, a musical inspired by the life of American singer songwriter and civil rights activist Nina Simone, is currently running off Broadway at the New World Stages - Stage 5.

The production is written by and stars Laiona Michelle.

New World Stages - Stage 5
340 West 50th Street
New York, NY 10019
212-239-6200



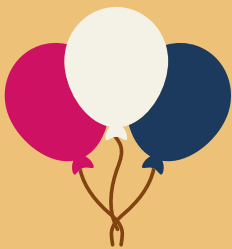
April

April is the fourth month of the calendar; it has 30 days and is the first full month of spring.

April was named after the Greek goddess of love Aphrodite.

This April, we celebrate the 10th anniversary of Age Friendly Central Brooklyn, Inc. (AFCBI) on April 27.

A Happy Birthday Shoutout:



21 – VELVET HALL
21 – BARBARA JACKSON
25 – THERESA PHILLIPS
27 – PORTLAND ZINERMAN
29 – BRENDA WATTS- LARKIN



Quick Facts about April:

Birthstone: Diamond

The diamond is a symbol of forever love. It is thought to provide the wearer with better relationships and an increase of inner strength.

Alternate April birthstones are the white topaz and quartz.

Birth flower: Daisy and Sweet Pea

Horoscope

Aries March 21 - April 19

Taurus April 20 - May 20



HISTORY OF AGE FRIENDLY CENTRAL BROOKLYN, INC.

About Age Friendly Central Brooklyn, Inc. (AFCBI)

The concept of age friendly communities originated in 2007 from newly designated Age Friendly NYC, a new partnership between the Office of the Mayor, The New York City Council, and The New York Academy of Medicine (NYAM).

In 2009, New York City launched a pilot program that featured three Aging Improvement Districts (AID), Bedford Stuyvesant being one of the three and the only locally control AID whose residents were primarily of African Descent.

After evaluating the pilot, NYC officially started the AID's in 2012 and the organization became Aging Improvement District of Bedford Stuyvesant and Crown Heights.

In 2015, the City Council expanded and renamed the initiative Age Friendly Neighborhood Initiative. It was then that the Bedford Stuyvesant Aging Improvement District became the Age Friendly Neighborhood Initiative of Bedford Stuyvesant & Crown Heights.

In July 2020, Age Friendly Neighborhood Initiative of Bedford Stuyvesant & Crown Heights became an independent entity and changed its name to Age Friendly Central Brooklyn, Inc. (AFCBI).

This name change reflects the desire to expand the base of the organization beyond Bedford Stuyvesant and Crown Heights into other neighborhoods in Central Brooklyn with a high number of older adults living with health disparities.

MEMORIAM

We remember our Age Friendly members who have passed since the beginning of COVID. They continue to be in our thoughts and will forever be a part of our community.

Teela Bland

Pastor Gwendolyn H. Dingell

Lorraine Gamble Lofton

Michelle Grimes

Michelle McIntosh



Tenth Anniversary

Tenth Year Anniversary

April 26

We are excited.

We are so excited, today.

Ten years of togetherness, and we love and support our community today; as we did from the very first day we started.

Our love has grown deeper, and our trust for what we stand for has gotten stronger, because time has given us an opportunity to grow and that growth has deepened our desire to engage with seniors, who are the anchors of our community.

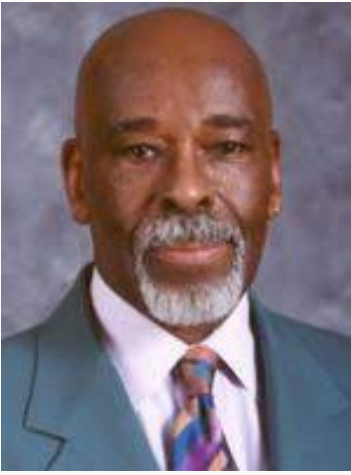
And we love and support our community forever with every beat of our hearts.

Happy Anniversary Age Friendly Central Brooklyn.

Written by Sharon Lyons 3/21/2022



AFCBI History in Focus



Quote from Honorable Dr. Al Vann, Former New York City Council Member for the 36th district representing Bedford -Stuyvesant and Southern Crown Heights.



I was representing Bedford Stuyvesant and southern Crown Heights in the NYC Council when the concept of an Age Friendly Program was being discussed and promoted. I had already established a Senior Taskforce in the 36th Council District. To join the “Age Friendly” movement, the 36th District Senior Task Force collaborated with the Senior Taskforce of Community Board 3, which was then Chaired by our late sister, Gloria Boyce.

The primary goal of the joint task force at that time was to identify seniors living alone and assess their needs. Many seniors lived alone, and were lonely. Some of our seniors needed assistance in shopping for food and other essentials. Some needed to be connected to health and/or social services. The volunteer efforts of the task force to meet these needs, led to the birth of the Ambassador Corp which subsequently was funded by my office.

Another significant accomplishment was the convening of a delegation of seniors from each senior center for an annual lunch, in which a presentation of a major topic affecting our seniors was addressed.

I commend former Councilman Robert Cornegy and Assemblywoman Stefani Zinerman for accepting the torch, and being instrumental in expanding the definition and services available to our seniors throughout Brooklyn. Of course, greater praise and accolades are extended to the many seniors who volunteer and participate in the Age Friendly Central Brooklyn program and activities.

Finally, I would be remiss if I did not add my praise and commendation for those responsible for the publication of your newsletter, Third Chapter Living. It is simply incredible.



AFCBI History in Focus



Quote from Honorable Robert E. Cornegy Jr.,
Former New York City Council Member for the 36th
district, representing Bedford-Stuyvesant and Northern
Crown Heights in Brooklyn.

The Age friendly initiative was one I became familiar with as a Legislative Policy analyst on the aging and veterans committee at the council way before I became a Council Member. I witnessed first hand my predecessor Hon. Dr. Al Vann's commitment to seniors in the 36th district through the myriad of programs and services provided by his Assembly and Council offices.

I was given a not so subtle mandate to not only continue, but to expand access to services to our seniors. This is why I jumped at the opportunity to create one of the first and clearly the most robust age friendly programs in the City as Council Member for the 36th.

This program included adding senior only swim hours at K pool, as well as the only senior swim event in Parks and Rec history. With my then Chief of Staff Stefani Zinerman now Assemblymember Zinerman we were able to make access to small business, entertainment, and transportation accessible.

My team and I worked strategically in my second term to create one of the only Horizontal Naturally Occurring Retirement Communities in NYC. A commitment to our seniors is a commitment to preserving and protecting the rich history that weaves together the fabric of our communities.

AFCBI History in Focus

Quote from Assemblywoman Stefani L. Zinerman



Working with, leading, and providing funding for Age Friendly Central Brooklyn has proven to be a worthy investment and one of my greatest joys and accomplishments. Since its expansion from Aging Improvement District under the leadership of Dr. Al Vann to the Age Friendly Neighborhood Initiative in 2015,

we have strengthened older adult voices, promoted respect for the many contributions of seniors among businesses and residents, launched a nationally recognized healthy aging movement, and created space for leaders to emerge. It was my honor to pick up the torch while working as Chief of Staff for former Council Member Robert Cornegy to carry forth the mission to empower older adults to define, plan, and act upon what the future of aging will be in their community. Toward that end, we established an advisory council of community stakeholders and a core of Age Friendly Ambassadors to focus on expanding our scope beyond the needs of individual seniors to building an infrastructure of community-based resources that support the health, well-being, and economic security of all seniors.

In the ensuing years, AFCBI has emerged as the first and only Black women-led nonprofit age-friendly neighborhood initiative in the state of New York.



I am immensely proud of Selma Jackson, Donna Williams, Lynette Lewis-Rogers, and Sheila Cox for moving from participants to volunteers to the drivers of efforts that empower other older adults and community stakeholders to work collectively to address the needs and priorities of older adults through the implementation of comprehensive strategies.

Under their transformational leadership, we have a dedicated core of Age Friendly Ambassadors who are volunteering in the third and fourth chapters of life to address racial and ethnic disparities experienced by older adults of color. They are advocating for discounts and financial literacy to ensure economic security, promote social inclusion through fun and engaging events, support the literacy of children and create opportunities to strengthen intergenerational relationships.



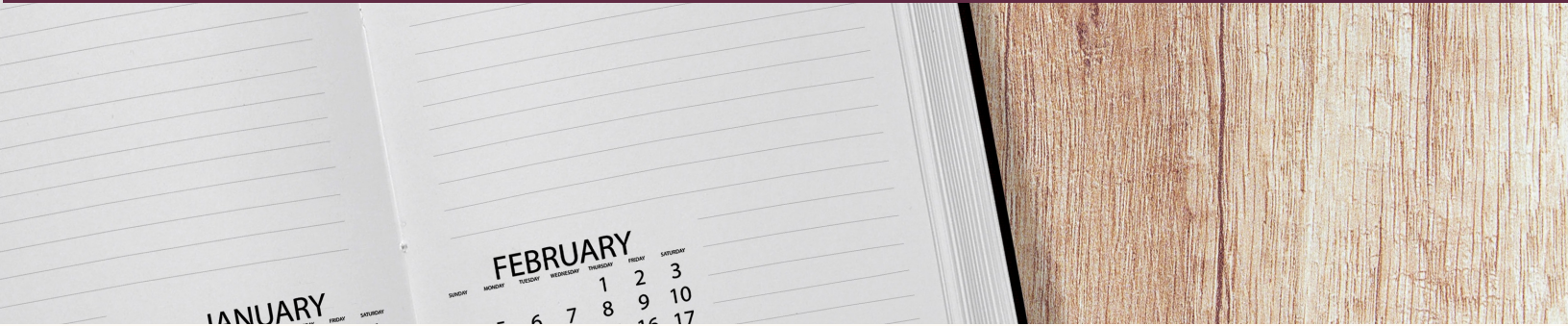


As we recognize the contributions of women during Women’s History Month, let us pause to applaud the Age Friendly Ambassadors of Central Brooklyn for their dedication to healthy aging and steadfast support for this initiative. My life and life’s work in the 56th Assembly District is infinitely enriched by working with each of these phenomenal women.

As we look toward 2030, when adults over 50 will outnumber those under 18, I will continue to stand with AFCBI to develop more aging activists and implement policies and practices that ensure older New Yorkers can live healthy, fulfilling lives in neighborhoods of their choosing where they are valued and supported with community-based services that help them to age in place.



Monthly Activities



TIME TO ZUMBA

Mondays 10AM and 6PM

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

To register contact
Lois Goddard at Lsg1226@gmail.com



JUICY JOINT NATION – CHAIR YOGA & MOVEMENT

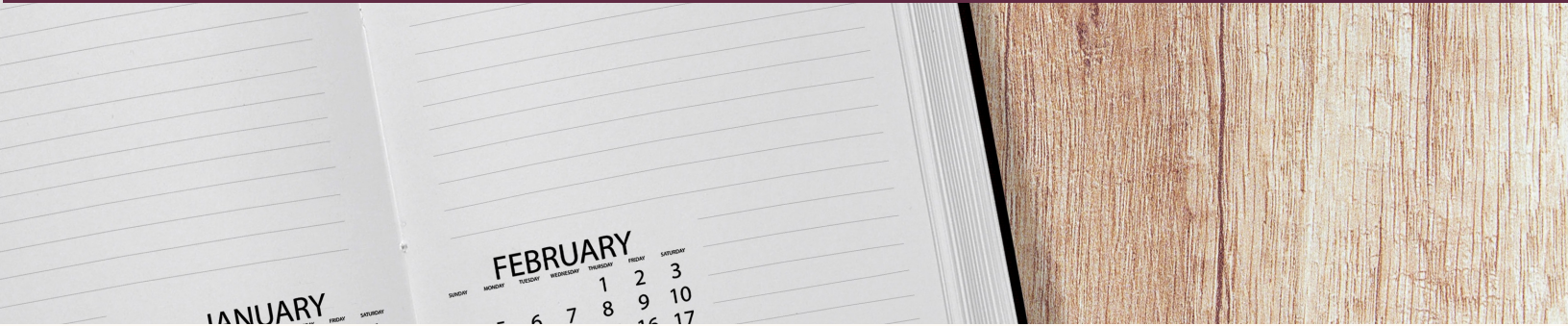
Tuesdays and Thursdays, 10:15AM-11:15AM

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



Monthly Events



age friendly CENTRAL BROOKLYN

GENERAL MEETING

The 2nd Tuesday of each month is our is our Age Friendly Central Brooklyn, Inc. (AFCBI) General Meeting from April 12, 2:30PM-4:30PM

10th Anniversary Luncheon

Age Friendly Central Brooklyn, Inc. (AFCBI)
10th Anniversary Luncheon Celebration
April 27, 1PM - 4PM

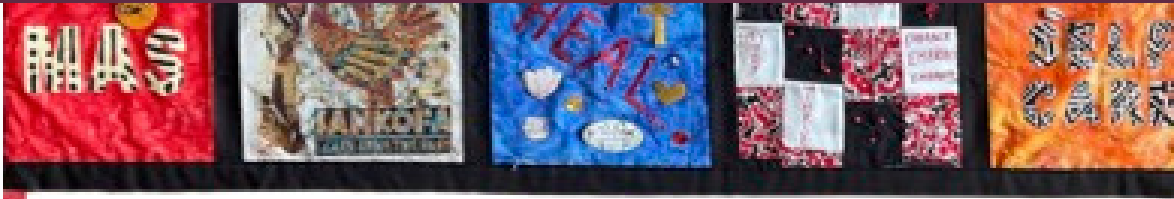
Sugar Hill
217 Nostrand Ave
(corner of Dekalb Ave)
Brooklyn, NY 11205

We will be taking preorders for your luncheons. Menu will be sent to you for your selection.



Save the Date & Mark your Calendar

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN MAY 2022



ART EXHIBITION

MAS

Live More

A quilting, healing, and oral history art project
engaging older adults to share their stories of
self-care, self-love, self-empowerment

Opening Reception &
Artist Talk
5:30 PM--6:30 PM

May 5, 2022
4 PM-7 PM

****MASK REQUIRED TO ATTEND****

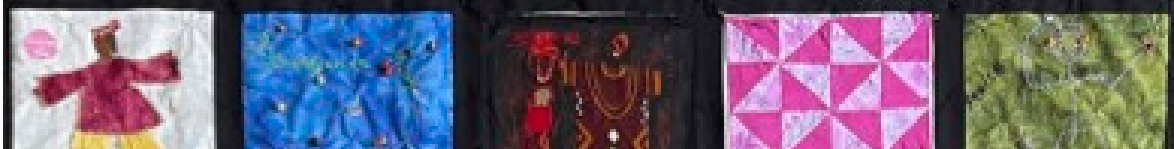
Restoration Plaza
Skylight Gallery
1368 Fulton St
Brooklyn, NY 11216

MAS Project Funded By:



[Click Here to Register or](https://bit.ly/3DgmRQ5)
<https://bit.ly/3DgmRQ5>

For more info contact Tameeka Nicole at 929-376-2910





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.