

THIRD CHAPTER LIVING





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ISSUE 17 | MAY 2022

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

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IN THIS ISSUE...

Greetings Age Friendly Community,

In this issue, we look at creating community self-care through **M.A.S. (MEDITATION, STORYTELLING, AND ARTMAKING)**. See cover story by artist **Elvira Clayton**.

Glenda Patterson congratulates **Justice Ketanji Brown Jackson**, the first Black woman confirmed to serve on the US Supreme Court.

We celebrate **May is Older Americans Month** with **Selma Jackson** who asks us to reflect on aging-in-place.

We revisit our bus trip to Albany for the NYSABPRHAL 51ST Annual Legislative Conference through a photo montage thanks to **Velvet Hall**.

Sharon Lyons continues to delight us with her poetry while I added a reflection on Mother's Day.

Continue to stay safe,

Donna Williams

Editor in chief

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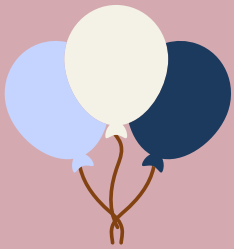
May

May is the fifth month of the year in the Julian and Gregorian calendar and is the third of seven months to have 31 days.

May is a spring month in the Northern Hemisphere and a fall month in the Southern Hemisphere.

May is named after the Greek goddess Maia.

Beginning with May Day on May 1, followed by Cinco de Mayo on May 5; Mother's Day on May 8; and of course ending with Memorial Day on May 30; May is a celebratory month!



A Happy Birthday Shoutout:

10 - SYLVIA CHEEKS
12 - SELMA JACKSON



Quick Facts about May

Birthstone:
Emerald

The emerald is a symbol of rebirth. It is thought to grant the owner foresight, good fortune and youth.

Birth Flower: Lily-of-the Valley

Signifies sweetness, humility and a return to happiness

Zodiac Signs

Taurus (April 20 - May 20)

Gemini (May 21 - June 20)

May is known for love and success!





CREATIVE COMMUNITY SELF-CARE A COMMUNITY ENGAGING ART PROJECT

BY ELVIRA CLAYTON

M.A.S. (MEDITATION, STORYTELLING, AND ARTMAKING) is an art, wellness, and oral history project devised by Harlem-based artist Elvira Clayton.

Co-facilitated by wellness activist and Brooklyn-based entrepreneur Tameeka Ford, the project engaged women from Brooklyn's aging population to explore ideas around living more fully, self-care practices, and as a collective, create an art quilt.


Considering Audre Lorde's statement, "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." They addressed self-care practices and healing in Black communities.


Due to Covid-19 precautions, the group met through virtual story circles online, via zoom, once a week for nine weeks. These weekly meetings provided a safe space where the women discussed historical trauma, resilience, self-care for healing, and Black joy. Each session began with a centering meditation led by co-facilitator Tameeka Ford.

A kit with supplies to create a single quilt panel was mailed to each participant. Once completed, their finished panel was sent back to the project artist Elvira Clayton, who assembled the quilt and edited stories recorded during the virtual meetings to create a "sound quilt."


The M.A.S. community art quilt and its sound piece reflect how self-care practices might bring about positive changes for the project's participants and their communities.

The collective's completed artwork will be exhibited and serve as a tool to activate further discussions and public events around healing and wellness.





The Age Friendly Central Brooklyn, Inc. Poetry Corner



WELCOME TO THE AGE FRIENDLY POETRY CORNER WHERE WE
FEATURE THE WORK OF A MEMBER FROM OUR AGE FRIENDLY
COMMUNITY

THIS MONTH WE SHARE A POEM BY SHARON LYONS.

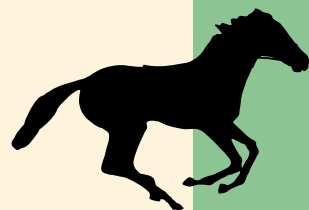
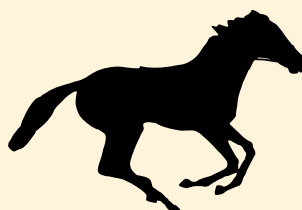
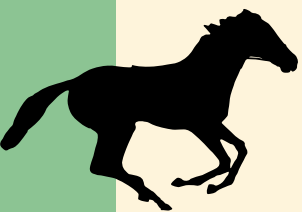
STRONG AS A HORSE

You could have the strength of a horse
You could build yourself up to be just as strong
Carrying on with all those things that's not always easy.
It's these things that make you strong

There's nothing wrong with putting a pep in your step, like a female horse
swagger after winning.
Heads up, always heads up
But most importantly be a lady
Realize that inside of you lies a heart
that is delicate and strong willing to take things on
All while being a lady

About this poem, which was my reflection of Ada Limon poem, how to triumph like a girl, I too love horses, and I try, and attend the horse derby. I have befriended a horse who lives in Maine. They are not only strong, but they are very graceful and they too have a sweet tooth like me.

If you are interested in having your work included, please Contact:
secretary@agefriendlycb.org





Happy Mother's Day

Mother's Day is celebrated annually on the second Sunday in May.

This Mother's Day, May 8, 2022, Age Friendly Central Brooklyn, wishes all the mothers, grandmothers, great grandmothers, godmothers, stepmothers, foster mothers, aunts, sisters, and the neighbor who is like a mother, a Happy Mother's Day!

For those whose mother is no longer with us, let us hold on to the good memories and treasure the time we shared together.





A SNAP SHOT OF AFCBI's BUS TRIP TO ALBANY



BY DONNA WILLIAMS

On April 9, 2022, Age Friendly Central Brooklyn, Inc. hosted its 5th Annual Bus Trip to the New York State Association of Black, Puerto Rican, Hispanic & Asian Legislators, Inc 51st Annual Conference in Albany.

Enjoy the photos taken by our photographer Velvet Hall as we exercised our civic duty.





Celebrating Older Adults

BY SELMA JACKSON

May is Older American Month, which was designated by President Gerald Ford in 1976. It was an acknowledgement of the many ways older adults volunteer in communities: mentoring children, serving in soup kitchens, visiting the sick and shut in, and organizing fundraising drives during disasters. As older adults give of themselves are their needs being met?

The older adult population in Brooklyn has increased to 20% of the total population for our Borough and has the largest older adult population in NYS. With those statistics we need to look at our communities and ask ourselves some key questions:

- Are our communities supporting the needs of older adults?
- Are we letting our local and state officials know what our needs are as our population increase?
- Is there affordable housing with accessible services?
- Are there open spaces and buildings that beautify our communities?
- Is transportation available that can accommodate the needs of older adults?
- Is the Healthcare offered what is most needed in our communities and conveniently located?
- Are older adults respected and included in the social fabric of our community?

Age Friendly Central Brooklyn, Inc. (AFCBI) is committed to supporting its participants and community to be able to age in place, in the communities that are familiar and "Home". The 2022 theme of Older American Month is "Aging in Place"!

AFCBI has chair yoga classes twice a week, meditation once a week, cohort committees that plan events, a monthly meeting and lunch, along with special events that happen nearly every month, all designed to enjoy our older years in the communities we love.

Let us know what you would like to see added to your community to make Aging in Place easier and more enjoyable.





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 the Brooklyn Botanic Garden (BBG) and *MJ The Musical on Broadway*.

Brooklyn Botanic Garden (BBG)

SEASONAL HOURS

April 15-May 15, 2022: **Brooklyn Botanic Garden in Bloom**

Open early & late!

Tuesday-Thursday: 8 a.m.-sunset

Open early!

Friday-Sunday: 8 a.m.-6 p.m.

Closed Mondays

May 17-August, 2022

Open late!

Tuesday & Thursday: 10 a.m.-8:30 p.m.

Wednesday: 10 a.m.-6 p.m. (Open late!)

May 18, 25, 10 a.m.-8:30 p.m.

Members' Summer evenings: Wednesdays,
June 1-September 7)

Friday-Sunday: 10 a.m.-6 p.m.

Closed Mondays (except open Memorial Day,
May 30, 10 a.m.-6 p.m.)

Entrances

150 Eastern Parkway

455 Flatbush Avenue

990 Washington Avenue

Brooklyn, NY 11225

Ticket Prices

Members Free

Adults \$18

Seniors (65+) \$12

Students 12+ with ID \$12

Children under 12 Free

Brooklyn Botanic Garden (BBG)

990 Washington Ave,

Brooklyn, NY 11225

718-623-7200

MJ The Musical

MJ The Musical was created by Tony Award®-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage. The musical centers around the making of Michael Jackson's 1992 Dangerous World Tour.

Neil Simon Theatre

250 West 52nd Street

New York, NY 10019

212-757-8646



Three Quotes of Judge Ketanji Brown Jackson



On April 7, 2022, a bipartisan group of Senators confirmed Judge Jackson's nomination to serve on the U.S. Supreme Court.

“Be open to new ideas and experiences because you’ll never know when someone else will have an interesting thought or when a new door will open to take you on the journey of your dreams.”

“The privilege of working with strong women role models has been essential to my career development and it’s crucial to the development and advancement of girls like my daughters who need to learn that they have opportunities.”

“There are also women I have never met but who are recorded in the pages of history and whose lives and struggles inspire me and thousands of other working women to keep putting one foot in front of another every day.



CONGRATULATIONS TO
JUSTICE KETANJA BROWN
JACKSON!

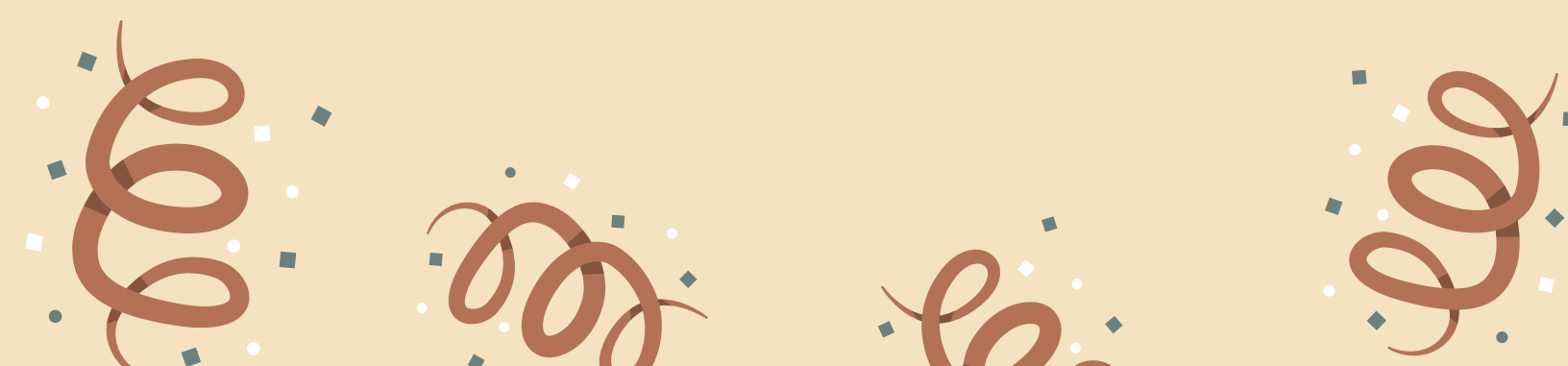
BY GLENDA PATTERSON

Congratulations to Justice Ketanji Brown Jackson the first African-American female Justice of the United States Supreme Court.

On April 7, 2022, around 3:00 pm, the Senate confirmed Ketanji Brown Jackson as the 116th Justice of the U.S. Supreme Court of the United States of America. Three Republicans voted with all 50 Democrats to confirm Justice Jackson.

Before I started my article on Justice Ketanji Brown Jackson I did my research on who she was and what she was all about.

I learned a lot about her. She is a daughter, sister, wife, mother, aunt, and Judge. She attended Harvard University for college and law school. She graduated with an A.B. magna cum laude and at law school served as editor of the Harvard Law Review.





If you think Justice Ketanji Brown Jackson's education was impressive let's look at her work experience:

- *Judge on the U.S. Court of Appeals for the D.C. Circuit;*
- *Judge on the U.S. District Court for the District of Columbia;*
- *Vice-Chair of the U.S. Sentencing Commission;*
- *Public defender;*
- *Supreme Court Clerk; and*
- *Perspective on the Legal System.*

The confirmation of Judge Ketanji Brown Jackson has made African American women and women of color immensely proud. They feel like they are finally being seen and that anything is possible. Keep up the good job of being fair and just.

Thank you, Justice Ketanji Brown Jackson, for your skills, expertise and professionalism. Four positions you held you had to be confirmed by the Senate so why did they give you a challenging time because they could.

You passed the test! You've made history. You are the first Black woman to serve on the U.S. Supreme Court and only the sixth woman in U.S. history. God Bless You.

Monthly Activities

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN MAY 2022



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

**age
friendly**
CENTRAL BROOKLYN

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](https://www.emergesoul.com)

GENERAL MEETING

The 2nd Tuesday of each month is our Age Friendly Central Brooklyn, Inc. (AFCBI) General Meeting from May 10, 2:30PM-4:30PM



ELDER WEDNESDAY LUNCHEON

The 4th Wednesday of each month is our Elder Wednesday Lunch.

Wednesday, May 25 at 1:00PM

We'd like to start having in person lunches again. Please send your restaurant suggestions to secretary@agefriendlycb.org



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.