

age
friendly
CENTRAL BROOKLYN

THIRD CHAPTER LIVING



ISSUE 20 | SEPTEMBER 2022

CELEBRATING DR. AL VANN



THIRD CHAPTER LIVING

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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,

Welcome to Fall 2022!

I trust everyone had fun this summer spending time with family and friends.

Age Friendly Central Brooklyn, Inc. (AFCBI) **kept busy this summer with several activities including:** two in-person Elder Luncheons, one at The Southern Comfort and the other at the Jane Bailey Memorial Garden; a 10-week Digital Capability Training Class; weekly Juicy Joint Nation Body Loving Flow classes (chair yoga), a weekly meditation class, a bus trip to Broadway to see MJ The Musical; and an Intergenerational cooking, dance, and jewelry making class hosted by Inspiring Minds and Granny & Me.

Additionally, **we published the June issue of THIRD CHAPTER LIVING (TCL) and a special July issue** — Remembering Lorraine Patrice Gamble-Lofton — a TCL Editorial Board member who passed last year.

This month, we honor **the late Dr. Al Vann**, with special remembrances about him from AFCBI members. Part of his legacy is his commitment to the Age Friendly Neighborhood Initiative.

Sharon Lyons gifts us a poem and **Glenda Patterson** offers tips for staying upbeat in The Feel Good Corner.

Additionally, we kick-off our membership drive with an appeal to all from AFCBI President **Selma Jackson**. You can make a difference and help us reach our goal of a minimum members of 40 to 45.

We celebrate **Grandparents Day (Sheila Cox)** on September 11, and offer a **Senior Pampering Day** on Sept 15 hosted by the office of Council Member Ossé.

More activities round out the year such as our signature fall event **Active Aging Week (AAW)** on October 3-9. Mark your calendar and plan to join us for AAW as we promote a healthy and active lifestyle for older adults.

Continue to stay safe,

Donna Williams
Editor in Chief
THIRD CHAPTER LIVING



HAPPY
Birthday
TO YOU!



PLEASE JOIN US AS WE GIVE A BIG HAPPY BIRTHDAY SHOUT OUT TO THE LADIES WHO HAD A BIRTHDAY THIS SUMMER (JUNE-AUGUST) AND THOSE CELEBRATING THEIR SPECIAL DAY IN SEPTEMBER.

JUNE

5- PEARL JONES

JULY

4- DIANNE MANAGO

9- LINDA LAVERPOOL

10- MARIE WILSON

11- OLAYEMI "YEMI" ODESANYA

21- PATRICIA WASHINGTON

AUGUST

11- WILLIE BANNER

29- DEBORAH COULTHURST BRYANT

SEPTEMBER

1- EVELYN COLLIER

5- SHEILA COX

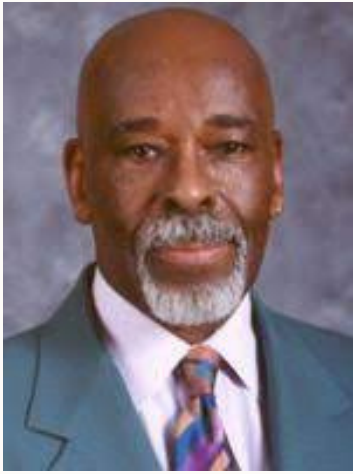
16- JACQUELINE WILLIAMS

21- GLENDA PATTERSON

25- YVETTE EDWARDS



COVER STORY ON DR. AL VANN



Dr. Al Vann attended AFCBI's 10th Anniversary Luncheon on April 27, 2022. For many of us, it was the last time we saw him. In the March & April issue of our newsletter, celebrating Going Strong for 10 Years, Dr. Vann shared his thoughts on the history of AFCBI.

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.



REMEMBERING DR. AL VANN

My Timeline with Vann

1950's... With a brown paper bag full of money, Duke Coulthurst (my Dad) of Duke and Chester's grocery store at 357 Stuyvesant Ave, Al was afforded the opportunity to buy his first car. (Being lucky with his favorite number.)

1960's...At JHS 85, Mr. Al Vann was introduced as my math teacher and Friday after school dance partner. (Go figure)

1970's... Al and family moved to 362 MacDonough St. and I lived 370 MacDonough St.

2000's... Jazz 966 full circle we became dance partners once again for life.

I'll miss you my teacher, my neighbor, my friend, rest-in- power.

--- *Deborah Coulthurst-Bryant*

Thank you AFCBI for this opportunity to memorialize just one of the multitudes of legacies left for me and my family by this great man, Dr. Al Vann.

As a teenager, growing up in Bedford Stuyvesant, I attended Swahili and African History classes sponsored by the African-American Teachers Association. I went on my first college tour of HBCU's auspices of the AATA of which the Honorable Ancestor Al Vann, with others, was a founder.

--- *Marlienne Christian*

Al Vann was a gentle giant that loved his people and his community. Al Vann's organization Vanguard, was responsible for getting kids in the neighborhood summer jobs and taking them upstate.

My brother and sister were blessed by Vanguard getting them summer jobs and introducing them to the working world.

--- *Velvet Hall*

I was one of the four founders of 4W Circle in 1991. In 1996 we had a fire that completely destroyed the business, but we were committed to reopening. We had insurance, submitted a claim, but the insurance company dragged its feet for three months.

At that time Dr Vann was Assemblymember for 56th AD and chair of finance and insurance committee, so I contacted his office. He assigned Letitia James, a staff person, to handle the complaint. I spoke to Letitia on Thursday and within two hours she called me and said I could pick up my check at noon on Friday! I will always be grateful to Dr Vann for giving 4W Circle a reboot!

--- *Selma Jackson*

REMEMBERING DR. AL VANN

For Al Vann.

A tree fell in Brooklyn the other day. Did you hear it? Did you feel it? It was a Tall Tree a long-standing tree with deep roots. When you leaned against the tree you knew it was strong and it could hold you... it could hold everyone.

When its leaves fell, they were filled with wisdom, kindness and strength. They left you with an answer ...they left you with a direction. They gave you all they had and you were grateful.

The tree has deep strong roots but it will be missed. The Roots have carried on for a long time and I believe they will carry on even longer.

A tree fell in Brooklyn. I heard it. I felt it. I will miss it.

--- Lynette Lewis-Rogers

Remembering Dr. Al Vann

My last remembrance of Dr. Al Vann was at our Age Friendly anniversary luncheon when he made that speech of the critical conditions of our current times. Moreover, for as long as I can remember, he has been an amazing figure in our community, always had an open eye on us. His unseen presence will always touch our community for eternity. In the rising of the sun, and in its settings we will always remember Dr. Al Vann.

--- Sharon Lyons

Before Dr. Al Vann was our Assemblymember and Council Member, he was, along with dedicated and passionate teachers like Mr. Les Campbell (later known as Jitu Weusi) our guiding lights at JHS 35. The community appreciates all Dr. Vann has given to us over the years. His voice, his presence will be missed.

--- Donna Williams

MEMORIES

As the journey goes on
in life never lose sight of
those moments with family
and friends that have
transitioned on. Keep those
memories alive and allow
your heart to visit those
happy times.

All those we loved who held
our hands, hugged and
loved us, helped us with the
roads that were too hard to
climb, not only did they leave
us behind, they left memories
that should last us for the
rest of our lifetime.

Everyone, everything that
has left is everything left to
remember. In life our hearts
get broken, nothing breaks
the heart like the loss of a
loved one. But it begins to
mend when we realize that
they did not go alone,
because parts of us went
with them.

And if your memory fails,
imagine if you could pay for
slices of all those moments
of the past. See memories as
pennies in your pocket that
you can take with you
anywhere. When your eyes
get filled with tears, or your
heart feels heavy focus on
those good memories, the
happy times when laughter
filled the air.

It is the memories where
you see the presence of
your loved ones. It is the
memories that lessen your
despair.

And it helps to remember
that a memory is like a
promise – I will never forget
you.

About this poem:

Although never easy, I learned to make peace with transition and in doing so it helps me with keeping the memories of my loved ones close to my mind. I write lots of poems, and prose about memories, because time can rob you of a long ago lifetime. As long as I am alive, I want to always remember those who I loved, those who loved me. Remembering keeps them more attached, close to my heart. It is the memories that sustain me to remember their light.

Written by: Sharon Lyons, August 11, 2022

SHOUT OUT TO
MARIA LEMONS
COMMUNITY ADVOCATE
FOR KINSHIP CAREGIVERS

BY SHEILA COX



Ms. Lemons took up the mantle to advocate for grandmothers who were the primary caregivers of their grandchildren, members of GAMA (Grandmothers As Mothers Again).

She co-founded the organization the National Committee for Grandparents with Children's Rights which was instrumental in passing the kinship bill in New York State and in the United States Congress.

Maria Lemons was awarded posthumously, the Lifetime Achievement Award, Kinship Caregiver Champion! and the Kincare Coalition Award in 2019.

This year, Grandparents Day is September 11. We thank grandparents for the love and care they give to their families.

MEMBERSHIP APPEAL TO ALL

Greetings Age Friendly Community,

We are approaching the kickoff of our new program year. I know we have lived through it, but 2 ½ years have passed since we have been meeting in person on a consistent basis.

During the pandemic we focused on wellness using Zoom and with good reason. Within the first month of the shutdown we lost members and relatives of members. While not completely out of the woods, we are doing more activities in person. As a result, we are reinstating our membership dues effective September, 2022.

For the first eight months of 2022 AFCBI has made available to you the following:

- Our monthly meeting, the second Tuesday of each month
- Tues & Thur Juicy Joint Nation Body loving flow classes (chair yoga)
- Wed meditation class
- Monthly Elder luncheons via Zoom or in person usually on the fourth Wed of each month
- New Year, New You Vision Board Party
- AFCBI bus trip to NYSABPRHAL Legislative Conference in Albany, NY
- Spring Clean Fling
- AFCBI 10th Anniversary Luncheon at Sugarhill
- MAS Celebration--Quilt Exhibit
- 10-week Digital Capability Training Class
- Broadway Theater Party--MJ, the Musical
- Intergenerational Cooking Classes
- Intergenerational Dance Class
- Intergenerational Jewelry making class
- Published 5 issues of THIRD CHAPTER LIVING
- AND MORE TO COME WHEN WE REOPEN in Sept. 2022

As you can see from above, we have offered programs at little to no cost to you and we did not collect membership fees in 2020, 2021, nor thus far this year. As we reviewed our programming activities, we decided to revise the membership fee to an annual fee of \$25 per person making it the same for ambassadors and volunteers. The distinction between ambassadors and volunteers will be in our structure of any additional fees.

For example, non-members (formerly participants) will pay the full cost, volunteers will pay a percentage of the cost and ambassadors will be free of charge. The definition of ambassador and volunteer remains the same*.

Some may continue to ask why. The other equally important reason is funders now ask how is your organization contributing to its budget and how many members do you have. Membership fees are an easy way to accomplish those goals.

So we encourage you to invite a friend to join. Our mission is to serve the older adult population in Central Brooklyn. To show our appreciation for increasing our membership we will have a gift for the first five members who enroll three or more new members. Let's reach out to Crown Heights, Bed Stuy, Clinton Hill and Ocean Hill older adults and have them join in the fun, skill building and fellowship! Send us the names of new members you recommend.

Click on the link below to pay your membership dues:

<https://app.autobooks.co/pay/age-friendly-central-brooklyn>

Or, if you have questions please reach out to secretary@agefriendlycb.org

*Membership definitions

- *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 met the minimum time commitment of two-years and continue to participate in the mandatory two (2) hour monthly meetings and completes at least four (4) cohort activity hours per month are eligible to become an Age Friendly Ambassador.*

THE FEEL GOOD CORNER

By Glenda Patterson

We should be happy, smiling, and carefree in our mature age. We have loved our husbands and raised our families. Now is the time to love ourselves.

There may be times when we feel stressed, unmotivated, or even unhappy. We do not have to stay there.

Here are several suggestions that will help us stay happy most of the time.

- Meditate
- Say a prayer
- Take a relaxing hot bath
- Watch a good comedy
- Laugh until your stomach hurts
- Write in your journal even if one line
- Eat a delicious meal
- Do yoga
- Read a book
- Fix a meal
- Walk in nature
- Sit amongst the trees
- Talk to a friend

These are just a few things we can do to keep a Smile on our faces. I have several more that I will be using in the coming months.

The Feel Good Corner would like to leave you with a jokey joke:

Why are dentist's kids so well-mannered? Because getting kids to behave is like pulling teeth. So long



ACTIVE AGING WEEK

Please join us for our annual signature fall event Active Week, October 3-9, 2022. AFCBI is partnering with MABP (Myrtle Avenue Brooklyn Partnership) and NYAM (New York Academy of Medicine) to offer a weeklong series of events promoting the benefits of an active, healthy, and joyful lifestyle for older adults. There will be lots of familiar activities such as chair yoga, a wellness walk, and dancing, along with some new ones.

Mark your calendar, tell a friend and plan to come out this October.

GET READY TO CELEBRATE ACTIVE AGING WEEK
#ACTIVEAGINGWEEK

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CENTRAL BROOKLYN
"TOGETHER WE CAN SAVE THE WORLD"

ACTIVE AGING WEEK
INTERNATIONAL COUNCIL ON ACTIVE AGING

SAVE THE DATES
OCTOBER 3-9, 2022

THE NEW YORK ACADEMY OF MEDICINE

age friendly
CENTRAL BROOKLYN, INC.

MYRTLE AVE BKLYN

Age Friendly Central Brooklyn Inc. (AFCBI), Myrtle Avenue Brooklyn Partnership (MABP), and New York Academy of Medicine (NYAM) are in collaboration on Active Aging Week.

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RYAN@MYRTLEAVENUE.ORG

Funding for AAW 2022 is provided by Brooklyn Community Foundation and CitizensNYC



The Age Friendly Central Brooklyn, Inc.

Culture Corner

Culture Corner was inspired by THIRD CHAPTER LIVING Editorial Board members Sheila Cox and Selma Jackson,

- **Sept 5**

The opening of The Jackie Robinson Museum on Sept 5 at One Hudson Square in NYC.

- **Sept 11**

9/11 Memorial

- **Sept 11**

Happy Grandparents Day!

- **Sept 15, 11 AM - 2 PM**

Senior Pamper Day hosted by the office of Council Member Chi Ossé. Enjoy brunch, live music, massage, giveaways and more at the Brooklyn Children’s Museum Rooftop at 145 Brooklyn Ave Brooklyn, NY 11213 at the corner of Brooklyn and St. Marks Ave.

- **Sept 20**

National Voting Registration Day. Partnering with Inspiring Minds and Granny & Me to create an intergenerational event

IN MEMORIAM

Mary Alice

Mary Alice was an American television, film, and stage actress. She won an Emmy Award for Outstanding Supporting Actress in a Drama Series in 1993 for *I’ll Fly Away*. Her film credits include *Malcolm X* (1992), *The Inkwell* (1994) and *Down in the Delta* (1998). She replaced Gloria Foster as the Oracle in the film *The Matrix Revolutions* after Foster, who originated the role, passed in 2001. Mary Alice won a Tony Award in 1987 for August Wilson’s *Fences* and she portrayed Queen Bessie in *Having Our Say* in 1995. In 2000, she was inducted into the American Theatre Hall of Fame.

Sunrise: December 13, 1936 - Indianola, MS

Sunset: July 27, 2020 - New York, NY

Nichelle Nichols

Nichelle Nichols was an American actress best known for her portrayal of Lieutenant Nyota Uhura in the original *Star Trek* television series. She shared one of TV’s first interracial kisses with William Shatner. Live long and prosper!

Sunrise: Dec 28, 1932 - Robbins, IL

Sunset: July 30, 2022 - Silver City, NM

Bill Russell

Bill Russell was an American professional basketball player who won 11 NBA championships, an unmatched record during the 13 seasons he played for the Boston Celtics. He became the first African-American coach of a major sports team in the United States when he was named the player coach of the Celtics in 1966.

Sunrise: February 12, 1934 - West Monroe, LA

Sunset: July 11, 2022 - Mercer Island, WA

Dr. Al Vann

Dr. Al Vann, served as New York State 56th Assemblymember and City Council Member for the 36th district representing Bedford Stuyvesant and Crown Heights. He was one of the founders of Medgar Evers College of the City University of New York and one of the founders of the African American Teacher Association.

Sunrise: Nov 19, 1934 - Brooklyn, NY

Sunset: July 14, 2022 - Brooklyn, NY



AFFIRMATION

Quote from Dr. Al Vann, excerpted from article "Reflections of my father - Albert Vann" Binta Vann, Amsterdam News, August 4, 2022

"There can be no greater legacy for us to leave than the service we have bestowed to others during our time on this earth.

All that I ask of each of you is to keep living your lives to the fullest. Stay the course of helping one another and uplifting our Brooklyn community.

I encourage you to reach out as the spirit moves you and, in any form, you choose to take."



Monthly Activities

13

Tue Sept

General Meeting

2:30PM -4:30PM

15

Thurs Sept

Senior Pamper Day

11:00AM -2:00PM

20

Wed Sept

**National Voting
Registration Day**

**MEDITATION SESSION
with Tameeka Nicole**
Wednesdays 10:00AM-11:00AM

28

Thurs Sept

**Elder Wednesday
Luncheon**

1:00PM -3:00PM

Classes are virtual for now:
EmergeSoul.com

Classes are virtual for now:
EmergeSoul.com

Upcoming Activities

3-9

Mon. Oct- Sun. Oct

Active Aging Week

11

Tue. Oct

General Meeting

2:30PM -4:30PM

26

Wed. Oct

Elder Wednesday

1:00PM -3:00PM



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

FACT SHEET

Contact: secretary@agefriendlycb.org

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, 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 met the minimum time commitment of two-years and continue to participate in the mandatory two (2) hour monthly meetings and completes 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 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: **Cooking Classes, Juicy Joint Nation Chair Yoga and Movement Classes by Tameeka Nicole, EmergeSoul, Arts and Crafts, 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.