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Sew Beautiful: Age-Friendly Quilters of Wellness

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By admin



Emergesoul Wellness Boutique celebrated the women of Meditation, Art, and Storytelling (M.A.S) collective at the Macon Library. Their beautiful self-care quilts expressing love, emotion, and poetry was showcased followed by an artist talk.

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By Tameeka Ford

In honor of International Women’s Day, Age Friendly Central Brooklyn, Inc. (AFCB) and Emergesoul Wellness Boutique celebrated the women of Meditation, Art, and Storytelling (M.A.S) collective at the Macon Library. Their beautiful self-care quilts expressing love, emotion, and poetry was showcased followed by an artist talk.

“It was a true honor to recognize and celebrate the uncompromising spirit and resilience of the women of the Age Friendly Central Brooklyn during our Women’s History Month program,” stated Stefani L. Zinerman. “The exhibit of their quilt-making and storytelling inspired during the pandemic and continues to give on. May we follow their lead and use adversity, uncertainty, and life’s challenges to bring beauty, peace, and healing to our communities.”



Justice Dweynie E. Paul



Mrs. Willie



Ms. Tameeka Ford



Selma Johnson

The curator of the event and M.A.S participant, Mrs. Willie Banner opened up the experience with the project and spoke about her quilt panel, stating, “the image represents hugging my family again after not embracing my children and 92 year years due to Covid-19.”

M.A.S is a quilting, healing, and oral history art project born from a vision of two other women’s health, wellness, self-care, and self-love. Inspired by Audre Lorde myself is not self-indulgence, it is self-preservation, and that is an act of political resistance. Ms. Tameeka Ford, MSW, owner of Emergesoul Wellness Boutique and senior chair yoga guide and Harlem-based artist Elvira Clayton co-facilitated a nine-week virtual healing journey that engaged 25 senior women, members of Age Friendly Central Brooklyn, Inc, between October and December 2022. They shared their stories and artistic expression of self-care, self-love, and self-empowerment. They practiced various forms of meditation to open up their creative pathway and release their stories. They attended virtual trips to museums and quilt exhibits, and shared stories near and far. Elvira Clayton, taught the group about the history of quilting in Black communities and its means for storytelling, preserving cultural traditions, and signals to escaping slavery.

Elvira stated, “the M.A.S community art quilt reflects how self-care practices might change for the project’s participants and their communities.”

M.A.S participants and AFCBI Ambassador, Ms. Velvet Hall spoke candidly about the project and her self-care practices since participating in the group. She shared, “the right time in my life, it was very therapeutic.” Faith, Healing, Joy, Love, Self-Care beautifully adorn Ms. Hall’s quilt panels.

The Heritage Room overflowed with older adult women who expressed sincere appreciation and listened attentively as each participant shared their journey and self-care practices. Questions of the M.A.S participants and requested for a new M.A.S project to begin. Justice Dweynie E. Paul, Supervising Judge of Kings County Civil Court was the guest speaker for the event and closed out the event sharing insight on womanhood, self-determination, and legacy. “Kudos to Assembly Member Stefani L. Zinerman and Age Friendly of Coney Island for an exceptional program! What a great way to celebrate International Women’s Day, and Women’s History Month.” E. Paul. “The national theme for Women’s History Month is ‘celebrating women’s stories.’ This exhibit will fill the spirit, soothe the soul, and warm the heart. The women captured their rich stories and history through the art of quilting. It was a complete honor to participate in the day of the exhibit and add my mother’s story to the tapestry of art.”

Tameeka Ford, M.A.S co-founder, presented final remarks stating, “this event and quilt are about inspiring older adults into action to live more fully. We need your presence and love flowing through our community. It’s our desire that you and the quilt will continue the conversation about active aging, self-care and healing.”

The M.A.S Quilt is on a journey throughout Brooklyn and beyond displaying the themes of Happiness, and Solidarity. The journey began at the historical Restoration in Manhattan and will be on exhibit at Macon Library for the entire month before heading to The Brooklyn Quilting Guild.

The M.A.S collective continues to meet weekly via Zoom for reflection and meditation. All ages and older are welcome to join.

If you know someone that would like to have the M.A.S QUILT displayed at a professional event, join our meditation group, contact secretary@agefriendlycb.org.

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