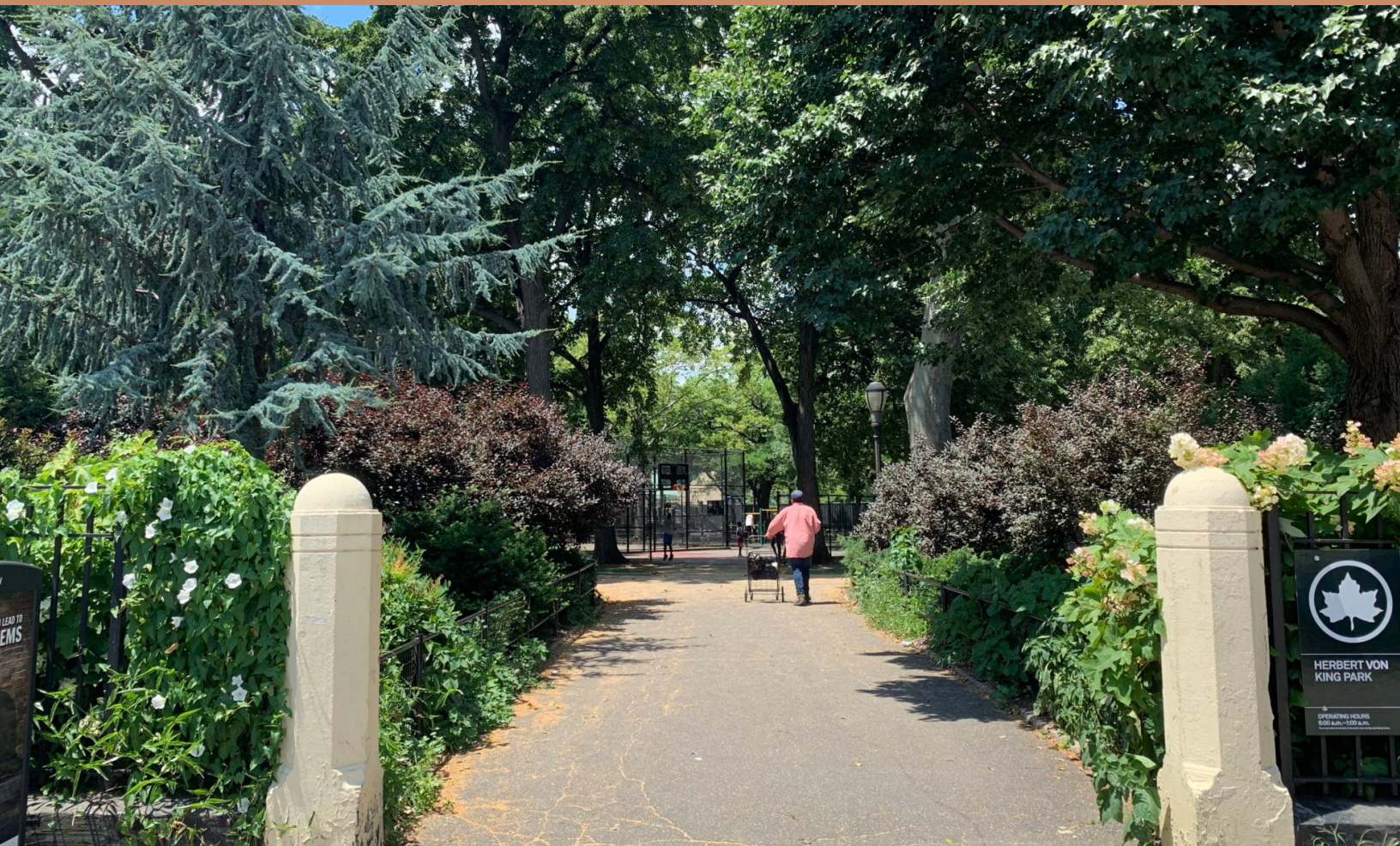


# age friendly CENTRAL BROOKLYN

## THIRD CHAPTER LIVING



Herbert Von King Park

ISSUE 10 | AUGUST 2021

A PUBLICATION OF AGE FRIENDLY NEIGHBORHOOD INITIATIVE

# WHAT MY FAMILY DOES FOR FUN!

BY GLENDA PATTERSON



What does my family do for fun? We are a close knit family because that is what my mother expected of us. God bless you mommy! Before the COVID-19 pandemic we would get together for barbecues, birthdays, block parties and anything else you can celebrate. We played bid whist, spades, charades, backyard movie night, backgammon and other games.

When the pandemic struck it was something we knew absolutely nothing about. It was strange; it was different; and it was the unknown, so it took some time to adjust to staying in our home with no visitors. In my family we called each other to do a check in.

In November 2020, my sister and my daughter created the family game night on Zoom. It turned out so good that it was decided that we would have family game night once a month on the fourth Sunday.

It has been a great time for us. We have played word games, bingo, and bible scriptures fill-ins. We also did paint and sip that was fun. We order a preprint canvas for everyone and we all were on Zoom Painting and Sipping.

Zoom has been a great tool for my family and me. It has been the life line for the family allowing us to have that face to face communication. Zoom made it possible for us to get together for our game night.

August is Family Fun Month. How does your family have fun?



# BLACK OWNED BUSINESSES

BY SELMA JACKSON

I grew up in a family of business owners. My great grandfather was a blacksmith, my great aunt owned a Bakery, my uncle owned a barbershop and two aunts owned hair salons. My father owned a washing machine and refrigerator repair shop. One summer I worked for my dad and my life was changed forever. I knew that I would own my own business after the age of 40, just like my dad!



I share my experience as we celebrate BLACK BUSINESSES during the month of August. Are we supporting the businesses in our community? Are the businesses offering goods and services that we need? Supporting our businesses keeps our community stable and strong financially.

Do you have accessible entrances? Are your products shelved for ease of reach? Are customers greeted when they enter? Do you know your regular customers by name and what they like about your business? Do you have customer appreciation days or sale days or special event days?

At the age of 45 and the collective partnership of Lois Bell, Sheila Kennedy, and Acquanetta Russell-Browne we embarked on a journey and created 4W Circle of Art and Enterprise, Inc., which opened in March 1991. While located in Ft Greene we were dedicated to serving the Black community first and foremost and so we had customers from the Metropolitan region: NYC, NJ, CT, Upstate NY! Our product mix and our dedication to service attracted a diverse customer base.

The above creates a symbiotic relationship. I closed 4W Circle in 2008, but the greatest tribute and joy is meeting former customers and hearing their fond remembrances to the point of asking would I do it again! That is the impact you want to achieve as a business owner!

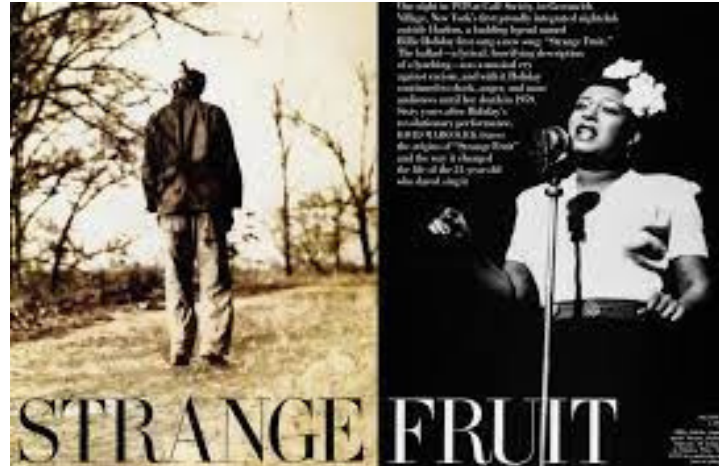


# HISTORY FACTS ABOUT AUGUST



August 3, 1936 – Jesse Owens won the 100-meter dash, beating ‘the world’s fastest man’ Ralph Metcalfe at the Berlin Olympics.

August 7, 1930 – Thomas Shipp and Abram Smith, two young African-American men were taken from jail by a mob, beaten and lynched in the county courthouse square in Marion, Indiana. The men had been arrested that night as suspects in a robbery, murder and rape case. A photographer Lawrence Beitler took a picture of the hanging bodies and the white mob of men, women and children. The photo inspired songwriter and poet Abel Meeropol to write a poem, “Bitter Fruit” which was later rephrased as “Strange Fruit” and recorded by Billie Holiday.



August 15, 1969 – The Woodstock Music & Art Fair opened in upstate New York. Tickets for the three-day event were \$18 in advance and \$24 at the gate, and there was sufficient sound for the 500,000 attendees. There were no reported incidents of violence at the original Woodstock.



August 17, 1959 – Kind of Blue by Miles Davis, the best-selling jazz recording of all time, was released.

August 19, 1991 – The streets of Crown Heights in Brooklyn, NY erupt in three days of racial violence after two Black children were hit by a car driven by a Hasidic man. An already tense relationship between the Black and Jewish community was ignited.



August 21, 1961 – Motown released what would be its first #1 hit, “Please Mr. Postman” by The Marvelettes.

August 28, 1955 – Black 14-year-old Emmett Till was brutally murdered in Mississippi, for ‘flirting’ with a white woman, galvanizing the nascent America Civil Rights Movement.

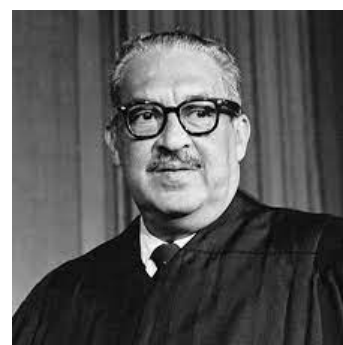
August 28, 1963 – At the March on Washington for Jobs and Freedom, Reverend Dr. Martin Luther King, Jr. gave his *I Have a Dream* speech.

August 29, 2005 – (Hurricane) Katrina devastated the US Gulf Coast, from Louisiana to the Florida Panhandle, killing an estimated 1,836 people.



August 28, 2020 – Chad Boseman, an American actor and playwright, who portrayed groundbreaking figures including Jackie Robinson in *42*, James Brown in *Get On Up*, Thurgood Marshall in *Marshall*, and a superhero T’Challa, in *Black Panther*, dies of Stage 3 colon cancer.

August 30, 1967 – Thurgood Marshall was confirmed as the first African American Justice of the Supreme Court of the United States.



# GRATITUDE, APPRECIATION, THANKFULNESS

BY SELMA JACKSON



As summer is coming to a close, I took the time to reflect on the many blessings I have experienced during the many months of the pandemic. There were family and friends that had the virus and sadly some did not survive. Each person we lost was precious to us and the mourning is still fresh as the pandemic didn't allow for traditional mourning and closure.

I grew up knowing that pandemics could kill and impact families. My mother's grandmother, father and brother all died in the 1918 Flu pandemic. My grandmother was blind and so my mother, at the age of 4, was sent to live with her aunt. So I marvel at surviving this pandemic and in my immediate family all are well. That has me grateful, thankful, and appreciative of medical advances and the power of prayer.

I appreciate the ways that our community checked on one another, created services in response to the needs of our community, continued to meet monthly to check on one another, and offered new ways to share together.



As I look back at March 2020 to the present, I realize that while I was home I wasn't isolated and the variety of my interactions kept me enjoying life. I am grateful, thankful and appreciative of family, friends and community.



# A CAUTIONARY TALE

BY DONNA WILLIAMS

You think it will never happen, but then the aging parent you are caring for decides to get up in the middle of the night and leave the house. It's December and your Mom is "wandering", walking down Macon Street in Brooklyn wearing her night gown, housecoat, bed slippers and carrying a small bag.

You don't know she is gone until the door bell rings and you go to the open door where a man you've never seen before says, "I have someone in my car I think belongs here". You look out your front door, your heart drops, as you see your Mom sitting in the front seat of this strangers' car.

Eleven months earlier, we had a fire at our house and my Mom and I had to move into an apartment. My Mom had dementia and removing her from her familiar surroundings accelerated her condition. The night she "wandered"; she was trying to get back home.

We were blessed that when my Mom left unknowingly she had with her a small notepad which included the name and number of a friend who knew we had a fire and knew we moved to Macon Street.



The man who saw my Mom wandering managed to convince her to come in from the cold and get into his car. He found the notepad and called the number reaching my Mom's friend who gave him our address on Macon Street.

I share this as cautionary tale. My Mom did not have any ID on her that night and at that moment wasn't able provide any helpful info about who she was or where she lived.

After that incident I had to add an alarm on the door, but I also signed up for MedicAlert and got us each a bracelet. My Mom needed one in case she ever went missing again and I needed one in case something happened to me it would be on file that I was a caretaker for my Mom.

August is MedicAlert Awareness Month. Don't put off signing up for MedicAlert. It is a lifesaving protection!

# HAPPINESS HAPPENS DAY

BY GLENDA PATTERSON



Happiness Happens Day is a national celebration. August 8 is a day for people to celebrate happiness all day by smiling and being happy, laughing, telling jokes just to name a few.

National Happiness Happens Day was founded in 1999 by the Secret Society of Happy People as "Admit You're Happy Day". Happiness Happens Day was created to recognize and express happiness.

Here are a couple of ways for you the reader to be happy all day everyday. I know you cannot be happy all the time, but please try for most of the time.

- Exercise improves our mood.
- Social circle keep happy people around you.
- Watch comedy shows or go to the comedy club.
- Some of you may want a pet such as a cat, dog or goldfish.
- Do not hold grudges too stressful.

I would like to end with one of my favorite songs: Don't Worry Be Happy. Keep Smiling!





# The Age Friendly Central Brooklyn, Inc. Poetry Corner

WELCOME TO THE AGE FRIENDLY POETRY CORNER.

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

IF YOU ARE INTERESTED IN HAVING YOUR WORK INCLUDED,  
PLEASE EMAIL DONNA WILLIAMS AT: WILLIAMSDPR@GMAIL.COM

THIS MONTH WE SHARE TWO POEMS BY SHARON LYONS, "TO MY  
SON" AND "POTATO SOUP THAT'S OLDER THAN ME".

## TO MY SON

I could say my life has not been a rose garden.  
But than, it would not be true, because I have you.  
Son it is you and all the things that you do  
that's made my life a rose garden.

By Sharon Lyons

## POTATO SOUP THAT'S OLDER THAN ME

Begin with a nice Canadian or Idaho potato. Clean the potato, then  
cut it up in tiny cubes.

Cut up a white onion, place in a pot of water, and sprinkle a little  
salt, pepper, fresh lemon  
and rosemary, butter too (optional) and bring slowly to a boil.

This soup smells as if you are cooking all sorts of delicious food.

Not only is this soup older than me.

With it's flavor and aroma, any home would welcome a bowl. And  
for any garden where roses or flowers  
are drooping. The smell of this soup will pepped them right up.

By Sharon Lyons

About this poem, I dedicate this poem to my grandmother and great grandmother.  
I learned how to make this soup when I was about 8 years old, and been making it  
since.

# VIOLA DAVIS

Born August 11, Viola Davis is an actress and producer. Among her numerous awards, she is the recipient of an Academy Award (Fences 2017); Primetime Emmy Award (How to Get Away with Murder 2015); and two Tony Awards (Fences 2010 and King Hedley II 2001).

**"DO NOT LIVE SOMEONE ELSE'S LIFE AND SOMEONE ELSE'S IDEA OF WHAT WOMANHOOD IS. WOMANHOOD IS YOU. WOMANHOOD IS EVERYTHING THAT'S INSIDE OF YOU."**

**BUZZFEED 2015**

**"I BELIEVE THAT THE PRIVILEGE OF A LIFETIME IS BEING WHO YOU ARE, TRULY BEING WHO YOU ARE..."**

**DURING HER SPEECH ACCEPTING THE 2012 CRYSTAL AWARD FOR EXCELLENCE**

**"THE ONLY THING THAT SEPARATES WOMEN OF COLOR FROM ANYONE ELSE IS OPPORTUNITY."**

**DURING HER SPEECH AT 67TH ANNUAL PRIMETIME EMMY AWARDS**

**"YOU CAN'T BE HESITANT ABOUT WHO YOU ARE."**

**PLAYBILL IN 2004**





# August



August is the seventh month of the year in the Julian and Gregorian calendar and has 31 days. The month of August was named to honor the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar.

August is the month we transition from summer to fall as we come to the month's end.



*A Happy Birthday Shoutout to these Ladies:*

**AUGUST 11 – WILLIE BANNER**

**AUGUST 29 – DEBORAH COULTHURST BRYANT**

**HAPPY BELATED BIRTHDAY TO MARIE WILSON BORN ON JULY 10.  
WE MISSED INCLUDING HER LAST MONTH.**



Quick Facts about August:

In 2016, August joined June and December as one of three months represented by three different gemstones: Sardonyx (original/reddish zebra-striped with white bands), Peridot (primary/ Peridot (green color) and Spinel (last added/red)

Flower: Gladiolus and the Poppy

Zodiac signs:

Leo (Lion): July 23-August 22

Virgo (Virgin): August 23- September 22



AUGUST

# CALENDAR OF EVENTS

## TUESDAYS + THURSDAYS

**BODY LOVING FLOW WITH TAMEEKA - FREE**

Designed to get you moving (juicy joints!), Tameeka Nicole combines conscious breathing, meditation, and mindful movement while sitting in a chair!

Classes are virtual for now:

[Emergesoul.com](https://emergesoul.com)

**10:15 AM-11AM**

## WEDNESDAY

**ELDER WEDNESDAY LUNCHEON**

Gather in-person or in a restaurant: TBD

**Wednesday August 25. 12 Noon**

## SATURDAY + SUNDAY

**THE CHARLIE PARKER JAZZ FESTIVAL - FREE\***

This annual festival, celebrating the life and music of musician, saxophone player and well-known composer Charlie Parker, returns to New York City on August 28- 29 for the 28th annual Charlie Parker Jazz Festival.

Parker passed away in March 1955 leaving behind a long and rich musical legacy. Each year in NYC, well know jazz artists join future generation of young artists to play Parker's music.

Marcus Garvey Park  
18 Mt. Morris Park West,  
New York, NY 10027

**August 28-29**

AUGUST

# CALENDAR OF EVENTS

## SATURDAY

CHARLIE PARKER WITH  
STRINGS: THE DONALD  
HARRISON QUARTET AND THE  
HARLEM SYMPHONY  
ORCHESTRA

Marcus Garvey Park  
18 Mt. Morris Park West,  
New York, NY 10027

**Saturday August 28**

**6:00 pm – 7:00 pm (Doors open 4:00  
pm)**

## SUNDAY

WILLIE JONES III – A CHARLIE  
PARKER CENTENNIAL CELEBRATION  
FEATURING SARAH HANAHAN,  
GODWIN LOUIS, JUSTIN ROBINSON,  
ERENA TERA KUBO WITH DONALD  
VEGA AND ENDEA OWENS

Marcus Garvey Park  
18 Mt. Morris Park West,  
New York, NY 10027

\*Tickets are no longer required for free performances at SummerStage. All free performances will be open to the public, first come, first serve, with limited capacity and will continue to follow CDC recommendations. Due to the Coronavirus Pandemic (COVID-19) the details of the event are subject to change. Recommend you check with the organizers before making any travel arrangements.

Contact details

City Parks Foundation  
830 Fifth Avenue  
New York, NY 10065  
212-360-1399

Contact Email: [info@cityparksfoundation.org](mailto:info@cityparksfoundation.org)

**Sunday August 29**

**6:00 pm – 7:00 pm (Doors open 4:00 pm)**

2018

# Mark your calendar & Save the Date

## SEPTEMBER & OCTOBER

IT MAY BE SUMMER, BUT AGE FRIENDLY CENTRAL BROOKLYN, INC (AFCBI) IS STARTING TO GEAR UP FOR THE FALL!

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN SEPTEMBER AND OCTOBER:



## SEPTEMBER

12

**Grandparents Day**

**AFCBI acknowledges and honors grandparents who uplift and support their families.**

**Remind your house of worship to include a message in honor of grandparents.**

14

**AFCBI General Meeting from 2:30-4:30 pm**

**Looking for volunteers to join the planning committee for Active Aging Week (Oct 4-10, 2021)**

18

**Stuyvesant Heights Historic District Designation 50th Anniversary in Fulton Park.**

**AFCBI is partnering with Evelyn Collier, who is working on the anniversary. We need ideas on how AFCBI can have a presence at the event.**

2018

# Mark your calendar & Save the Date

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## SEPTEMBER

21

**Kinship Caregiving: The Lived Experience from 6:00-8:00pm**

**Grandparents (aka kinship caregivers) and public policy experts discuss the challenges and disparities facing caring for our families' youngest members, the children.**

**Need volunteers to be on a panel to discuss how childcare has been for you during the pandemic.**

22

**Elder Wednesday Luncheon**

**Gather in-person either outdoors or in a restaurant: TBD**

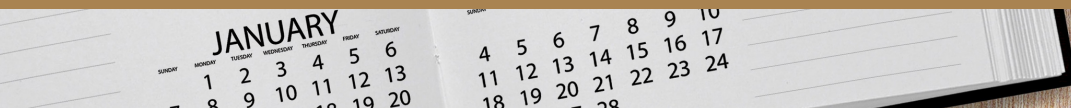
2018

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## OCTOBER

2

**Health Fair**

**AFCBI is and The Healing Touch HIV Ministry at Emmanuel Baptist Church are partnering to provide an online health fair which will be the kickoff for our Active Aging Week.**

4-10

**Active Aging Week**

**A weeklong health event promoting an active and healthy lifestyle.**