



**age
friendly**
CENTRAL BROOKLYN

THIRD CHAPTER LIVING



ISSUE 14 | DECEMBER 2021





THIRD CHAPTER LIVING

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

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For information about **Age Friendly Central Brooklyn, Inc.** (AFCBI) and **THIRD CHAPTER LIVING** (TCL), or if you are interested in writing for TCL, contact: secretary@agefriendlycb.org

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IN THIS ISSUE...

Greetings Age Friendly Community,

Now that some of the COVID-19 restrictions have been lifted, how are you planning to enjoy the holiday season? While we can visit with our love ones and embrace them – what a blessing! – please be mindful and practice preventive measures when together.

This month we celebrate the 99th anniversary of Sigma Gamma Rho Sorority, Inc. with sorority sister and THIRD CHAPTER LIVING designer **Olayemi “Yemi” Odesanya**.

Selma Jackson serves up a tasty treat for the holiday, her family recipe for egg-nog; poet **Sharon Lyons** allows us to eavesdrop on “A Conversation between a Fork, Knife and a Spoon”; guest writer **Jacquelyn Bullock** shares her thoughts on coping with the loss of a loved one during the holiday; and I tell my experience of loving my mom through Alzheimer’s.

Our affirmation for this month comes from **Cicely Tyson**, author of *Just as I Am*.

Happy Holiday! And here’s to health and prosperity in 2022!

Continue to stay safe.

Donna Williams
Editor in Chief
THIRD CHAPTER LIVING

EGGNOG FOR THE HOLIDAYS

BY SELMA JACKSON

Eggnog is something you either like or not. If you do (as I do), you can't wait until the season comes. This month we celebrate Eggnog Day, but as far as I'm concerned it's a season especially when I remember my family's holiday celebrations.

Every Christmas season my mom would make Eggnog with Ray & Nephew over proof rum! I would help to prepare it with heavy cream, eggs, milk, nutmeg and of course the rum.

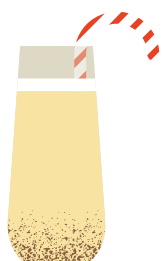
Sometimes my mom would make two batches, as we served Eggnog from Christmas Eve through New Year's Day! We had "open house" every day of the holiday season to share with family and friends. We always served a cup of Eggnog and their choice of dessert, which most of the time was fruitcake. There was also lemon layer cake, apple layer cake, coconut layer cake, mince meat pie, pumpkin pie, sweet potato pie, pecan pie and pound cake!! As I reflect back on those times I believe we were celebrating our version of Kwanzaa!!

I am reminded that during my pregnancy I had a stretch of morning sickness. Following my mom's recommendation each morning I ate 1-2 unsalted crackers before getting out of bed and made one egg Eggnog, which is about 8oz with no alcohol. That got me through morning sickness with no throwing up!!

This year for the Christmas season I have been thinking of Eggnog since September! So I am making it for my enjoyment. I will share with my holiday visitors, that is if I have any left!

Eggnog Recipe

6 Eggs
1 c Sugar
1 c Milk
3 c Heavy cream
1-2 c Rum or bourbon (to your
taste)
Pinch of Salt
Nutmeg



Instructions:

- Separate your eggs and set aside the egg whites
- Wisk the yolks until light in color
- Gradually beat in sugar
- Beating constantly add in $\frac{1}{2}$ choice of liquor
- Let stand covered for an hour
- Beat heavy cream until peaks form
- Beating constantly add remaining alcohol, milk and fold in heavy cream
- Refrigerate for 3 hours.
- In a large bowl beat the egg whites with salt until the peaks are stiff but not dry.
- Fold gently into chilled mixture. Add ground nutmeg and additional when serving.



December



In the United States, December is associated with Hanukkah, Christmas, and Kwanzaa.

December is the first month of winter in the northern half of the world and the twelfth and last month of the year in the Julian and Gregorian calendar. It has 31 days and marks the beginning of cold weather and snow!

December comes from the Latin word decem because it was originally the tenth month of the year in the calendar of Romulus c 750 BC which began in March.



A Happy Birthday Shoutout:

DECEMBER 6 - LINDA HAWKINS



Quick Facts about December:

Three Birthstones - all blue

- **Tanzanite** - symbolizes wisdom and truth
- **Zircon** - symbolizes wisdom, prosperity and confidence
- **Turquoise** - symbolizes health, wealth and good luck

Two December Flowers

- **Daffodil (botanically known as Narcissus)**
- **Holly**

Zodiac sign

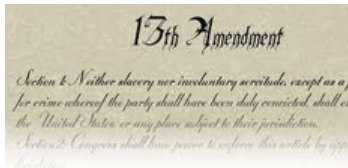
- **Sagittarius Dec 1-22**
The Archer
- **Capricorn Dec 23-31**
The Goat



DECEMBER EVENTS IN AFRICAN AMERICAN HISTORY*



December 31, 1777 - George Washington reversed previous policy and allowed the recruitment of Blacks as soldiers. Some 5,000 would participate on the American side before the end of the Revolution.



December 18, 1865 - The Thirteenth Amendment, outlawing slavery, was passed by Congress.



December 1, 1955 - Rosa Parks refused to change seats in a Montgomery, Alabama, bus. On December 5, Blacks began a boycott of the bus system which continued until shortly after December 13, 1956, when the United States Supreme Court outlawed bus segregation in the city.

**Info compiled from:*

<https://www.fs.fed.us>

Timeline of Events in African American History

Four Kwanzaa Facts

The name Kwanzaa Comes from the Swahili phrase “matunda ya kwanza” which means first fruits.

Dr. Maulana Karenga, professor and chairman of Africana studies in California State University, created Kwanzaa in 1966 as a way to bring African Americans together as a community.

Kwanzaa is a non-religious holiday that takes place over seven days from December 26 to January 1.

Every day a candle is lit to celebrate one of the seven principles, or Nguzo Saba

- Umoja (Unity)
- Kujichagulia (Self-Determination)
- Ujima (Collective Work and Responsibility)
- Ujamaa (Cooperative Economics)
- Nia (Purpose)
- Kuumba (Creativity)
- Imani (Faith)



THIS IS THE SEASON...

BY JACQUELYN BULLOCK

There is a time and season for everything under the sun. A time to laugh and a time to cry.

Ecclesiastes chap 3 verses 1 through 8

What happens when we seem to be stuck in one particular time or season, regardless as to what is going on around us?

As we age and our lives change, we are challenged by dealing with memories. Memory is a powerful aspect of our daily living, sometimes it is right up front, in your face; other times memory can be so deeply embedded that we no longer "think" that we remember someone or something then, Bam we see, taste or react to a situation and memory comes flooding in; washing over us with thoughts of happiness and sorrow.

Traditions are established through rituals repeated over a certain time and seasons, like Thanksgiving with two meats no meat, dinner with family and friends. But what happens when the former traditions cannot be sustained?

Christmas Eve through New Year's Day can be very painful for those who may feel alone without an immediate family. Or, one may have a negative memory of the so called holidays due to family Dysfunction such as alcoholism, drug addiction, and family violence, being a foster child, a parent of a deceased child, an only child of predeceased family members, and incarceration to name just a few.

The commercial world tells us we should be happy, expectant of good things to come. Our homes and our families should look like something from the Hallmark channel.

Remember, it is a fiction of TV. There is no Hallmark family.

Another challenge accompanying aging and impacting our prospective on finding joy is declining health, concern for our adult children or feeling just plain forgotten.

I submit that as we age, we must find new ways of being in this life, of handling memories, making peace with our past, honoring our love ones who have transitioned, socializing, being open to trying new challenges, and most importantly, new ways of living with our memories.

We do not have to join a million different programs and activities, perhaps just one or two or none at all.. Busyness does not drown out the pain.

Some suggestions are do a personal inventory of your life, your material possessions, and your spiritual practices. Pray about who you may be able to bless with some of your personal possessions especially if you have no children or none who may be interested.



Try your hand at writing short stories, poetry or memoirs, to ensure that family history does not die with each generation. Do something you have never done before like see the city as a visitor, take a tour guide bus, find out about all of the handicapped accessible programs there are and join one.

When the memory of our loved ones floods our minds, embrace them and the memory with some love. Yes we miss them, yes some may have gone ahead too soon, too young or for most of us, not at all.

Question is, would our loved ones feel proud and at peace about how we are managing their departure?

That is to say, that we are not to live at the place and point of death of our love ones, only their earthly remains are buried, the spirit or mutual love for one another remains with us forever.

My hope is that we can honor our loved ones by doing acts in their memory, a song, a donation of flowers, plants, an offering other than money. Or just sit and bask in the Knowledge of our Love.

If there are unresolved issues with someone who has gone ahead, you may want to consider counseling with someone of a like mind as yourself. Having a graduate degree is not sufficient, be certain they share your values or at least respect yours.

There are, however, programs and communities to help you that exist right now. You never have to feel despair long.

As they say in the Jewish tradition, May the memory of your loved one be a blessing to you.

It is my hope this small article will help in finding comfort during the holidays and every day by establishing new traditions and remembering with love some of the ones you once experienced.

Jacquelyn R. Bullock is an ordained elder of the AME church. Mother, Attorney, and friend who is at work in developing the Ministry, Unfailing Love, Unlimited Potential.



SGRHO TURNS 99!

BY OLAYEMI ODESANYA

Happy Founders' Day to the ladies of Sigma Gamma Rho Sorority, Incorporated! Today, we celebrate the legacy our founders built 99 years ago. As a proud member of this organization, I am proud of the service we do in our communities, what we present as a sorority and our dedication to education.

Sigma Gamma Rho Sorority, Inc. was founded on November 12, 1922 at Butler University by seven educators. The seven founders of this organization are: Mary Lou Allison Gardner Little, Vivian White Marbury, Dorothy Hanley Whiteside, Bessie Mae Downey Rhoades Martin, Nannie Mae Gahn Johnson, Hattie Mae Annette Dulin Redford and Cubena McClure.

After charting their Alpha chapter at Butler University on Dec. 30, 1929, they became an incorporated national collegiate sorority. It wasn't until 1937, the sorority joined the National Pan-Hellenic Council which is also known as the Divine Nine. The Divine Nine is an organization composed of historically African American Greek-lettered five fraternities and four sororities.

Sigma Gamma Rho Sorority, Inc. is the only D9 Greek letter sorority to be founded at a predominantly white campus where racism, sexism and prejudice was at its all-time high. These women, however, prospered and found a way to start their organization. Members who join aim to provide community service, and civil and social action for women and their families internationally. Some of the well-known international programs are Operation Big Bookbag, Project Reassurance, Hattie McDaniel Breast Cancer Awareness and Youth Symposium.

Quick Facts:

Sorority Colors: Royal Blue & Gold

Mascot: French Toy Poodle

Flower: Yellow Tea Rose

Motto: Greater Service, Greater Progress

Notable Members: Soror Kelly Price (R&B singer), Soror MC Lyte (Rapper), Soror Robin Kelly (US Congresswoman), Soror Martiza McClendon (Olympic Athlete) & Soror Nina Turner (Ohio State Senator)



So if you see a pretty poodle today, wish them a Happy Founders' Day!



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 DECEMBER, WE HAVE A POEM FROM SHARON LYONS.

A CONVERSATION BETWEEN THE FORK, KNIFE AND SPOON

The stuff we hear during these dinner affairs is so disturbing. The world certainly has its issues. Who could think of a dinner affair without considering the lives of a fork and a knife? We settle together on their plates, and we last sometimes longer than, husbands and wives.

Well, what about me? The spoon says, we certainly have our issues. You both think the most important job is handed by the two of you.

Who do you think they turn to when their servings are too tough says the fork? The spoon gets upset and asks the two, have you heard of a thing called soup, what would you both do if a bowl was in front of you? Also, history reports I have been used long before the both of you.


Speechless the knife glances at the curved body in all the right places of the spoon, and say's that is a good point.

The fork waits patiently saying not a word now and hoping that the infatuation the knife has with the spoon will spill and go away.

Heart beating fast the fork is happy that the main meal is about to be served and the knife is all hers again. She is pleased that she is rid of that spoon who is nothing but a flirt.

About this poem, dinner gatherings during the holidays with family and friends sometimes things are said that are not always pleasing to the ear. A thought struck me that the fork, knife, and spoon hear it all. This poem hopes to cheer you.

Sharon Lyons written October 15, 2021





The Age Friendly Central Brooklyn, Inc.

Culture Corner

Inspired by THIRD CHAPTER LIVING Editorial Board members Sheila Cox and Selma Jackson, this month Culture Corner spotlights the theater, musical performances and notes the passing of two legends.

THEATER

CLYDE'S

By Lynn Nottage, Brooklyn's Own
2nd Stage Theatre
305 W 43rd Street
New York, NY 10036

Story of second chances

www.2st.com

Showing through Jan 26, 2022

TO KILL A MOCKINGBIRD

Starring Jeff Daniel's only til Jan 2.
Shubert Theatre
225 W 44th Street
New York, NY 10036

Harper Lee's riveting story on stage!

MOULIN ROUGE

Hirshfield Theatre
302 W 45 Street
New York, NY 10036

Sharing the music over the decades

Use your TDF membership for ticket discounts

Check out New Jersey Performing Arts (NJ PAC)

Jazz at Lincoln Center, Carnegie Hall, and/or the Met for holiday season events!

IN MEMORIAM

Stephen Sondheim, American composer and lyricist
Born: March 22, 1930 New York, NY
Died: November 26, 2021

Stephen Sondheim is considered one of the most important figures in 20th-century musical theater. Among his many award winning stage works include: "A Funny Thing Happened on the Way to the Forum" (1962), "Company" (1970), "Follies" (1971) and "A Little Night Music" (1973).

Sondheim wrote the lyrics to West Side Story which you can enjoy in the Steven Spielberg film of the musical which releases in theaters on December 10, 2021.

Kariamum Welsh, a pioneer of African Dance Studies, dancer, choreographer, and dance scholar

Born: September 22, 1949 Thomasville, NC
Died: October 12, 2021, Chapel Hill, NC

Kariamum Welsh grew up in Bedford-Stuyvesant in the 1950s. In later years, in the 1970s, she would incorporate the Double Dutch jump rope moves she saw and learned in Brooklyn into her work as a choreographer of Afrocentric dance. During her lifetime, she won numerous awards including a National Endowment for the Arts, three Senior Fulbright Scholar awards, and a Guggenheim Fellowship. She was a professor at Temple University's Boyer School of Music and Dance.



LOVING MY MOM THROUGH ALZHEIMER'S



BY DONNA WILLIAMS

In 2005, the doctor prescribed early Alzheimer's prevention medication for my mother. We knew there was no cure for Alzheimer's, but together we opted to try to slow down her symptoms through meds. My mother, a retired registered nurse, was fully aware of what was in store.

A co-worker told me about the New York chapter of the Alzheimer's Association, now known as The Caring Kind, and it was there I found the support and information I so desperately needed.

When I told my mom I was taking a workshop on Understanding Dementia she responded "I'm not bad yet". At the Alzheimer's Association I attended all of their workshops (i.e. legal and financial seminars, family caregiver workshop, Medicaid home care seminars, how to bathe someone with Alzheimer's, etc.) which were and still are free.

I also joined a weekly support group that I participated in for more than two years. And after my mom passed, I left the support group and joined their bereavement group. Loving my mom through Alzheimer's taught me that asking for help is a sign of strength not weakness. I learned how to be with her without getting angry, upset or taking her actions and words to heart. Though she looked like my mom, she was no longer the mom I knew.

During one of her moments of clarity, my mom gave me the greatest gift. She said to me, "If I never say this again, I want you to know that I know you are doing everything you can to help me and to take care of me". When Alzheimer's strikes, it affects the entire family not just the one diagnosed.

My mom passed in 2013 and my father in 1996. I miss them both, but especially during the holiday season when the loss feels more pronounced.

There isn't a right or wrong way to cope with the loss of a loved one. What helps me is spending time with family and friends; creating new traditions; listening to Christmas music; watching Christmas movies; and collecting lots of Black Santa's.

The Caring Kind

<https://www.caringkindnyc.org>

Call us (646) 744-2900, use our online form or email us at helpline@caringkindnyc.org.

Merry Christmas

Happy Kwanzaa

Happy New Year



CICELY TYSON

BORN: DECEMBER 18, 1924, HARLEM, NEW YORK, NY

DIED: JANUARY 28, 2021, HARLEM, NEW YORK, NY



QUOTES FROM JUST AS I AM BOOK BY CICELY TYSON

“To examine, to question, to discover and evolve - that is what it means to be alive.
The day we cease to explore is the day we begin to wilt.”

“Life is unfolding exactly as it is meant to, exactly as the Spirit intended. Leave it alone
and let it play out.”

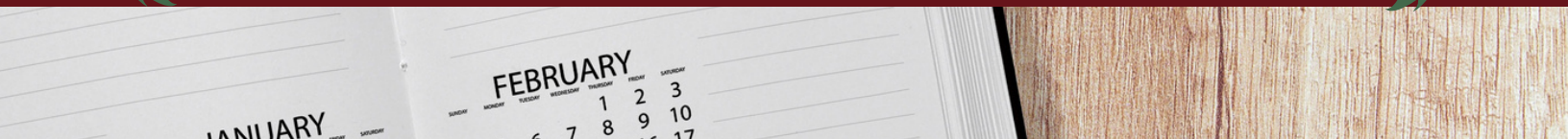
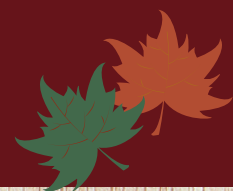
“When it comes to staying right-side up in this world, a Black woman needs at least
three things. The first is a quiet spot of her own, a place away from the nonsense. The
second is a stash of money, like the cash my mother kept hidden in the slit of her
mattress. The last is several drops of cayenne pepper, always at the ready. Sprinkle
that on your food before you eat it, and it'll kill any lurking bacteria.”



Mark your Calendar

DECEMBER

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN DECEMBER AND JANUARY



DECEMBER 2021

Tuesdays and Thursdays
Body Loving Flow with Tameeka
Free
Classes are virtual for now:
Emergesoul.com
10:15AM-11:15AM

WED
DEC 29

Kwanzaa Celebration
Location: TBA (virtual and in person)
Time: 2-4PM

TUE
DEC 14

AFCBI GENERAL MEETING
Location: Virtual
2:30-4:30PM

WED
DEC 15

AFCBI Holiday Party at Nostrand
Social
706 Nostrand Avenue
Cross Street St. Marks Avenue &
Prospect Place
Brooklyn, NY 11216

RSVP a must!
Gift a must, if you want to
participate in Secret Santa!

This is an in-door event. Your
COVID-19 vaccination card
is a must to enter the restaurant.

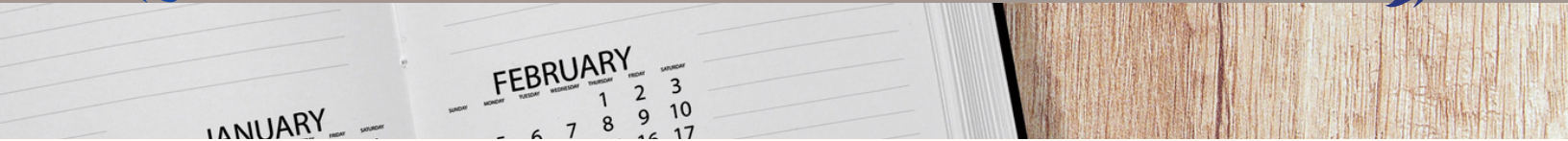
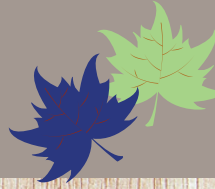
We moved our Elder Wednesday
Luncheon to Dec 15 making it our
Holiday Luncheon



Save the Date

JANUARY 2022

PLEASE SAVE THESE DATES IN JANUARY



JANUARY 2022

Tuesdays and Thursdays
Body Loving Flow with Tameeka
Free
Classes are virtual for now:
Emergesoul.com
10:15AM-11:15AM

TUE
JAN 11

AFCBI GENERAL MEETING
Location: Virtual
2:30-4:30PM

MON
JAN 17
MLK JR.
DAY

**Vision Board Party, AFCBI honors the
legacy of Dr. Martin Luther with a
New Year, "New You" Vision Board
Party**
Location and Time: TBA

WED
JAN 26

Elder Wednesday Luncheon
Location and Time: TBA

Contact: Donna Williams
Age Friendly Central Brooklyn, Inc (AFCBI)
secretary@agefriendlycb.org
917-940-3676





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.