

**age  
friendly**  
CENTRAL BROOKLYN

# THIRD CHAPTER LIVING



*Waiting  
to  
Exhale*

ISSUE 8 | FALL & WINTER 2020

A PUBLICATION OF AGE FRIENDLY NEIGHBORHOOD INITIATIVE

# Waiting to Exhale

**Donna Williams**  
*Editor in Chief*  
*Third Chapter Living*



It feels like we've been "waiting to exhale" all year. Since the start of New York's P.A.U.S.E. in March, there have been times when I've felt like my life has been on hold.

The mask wearing and not being able to physically be with family and friends has been very difficult.

But I've been blessed. I managed to stay engaged this past year in large part because of Age Friendly Central Brooklyn (AFCB).

How wonderful it is to have the Age Friendly Community!

We had our virtual events in honor of Cinco De Mayo Day, Mother's Day, Memorial Day, Black Music Month, Elder Wednesday gatherings for Halloween, Thanksgiving, and Christmas as well as our first Kwanzaa celebration!

We tackled the opening of schools in the fall. In this issue we offer three different perspectives on going back to school including from guest writer Dominique Fraser, a kindergarten teacher in Bed-Stuy.

We helped to spread the word about the importance of the census as we filled out our own census form.

On a limited budget, we took on the challenge of producing Active Aging Week.

This was an election year and some of us were active in voter registration while others worked at the polls. We all waited on line during a pandemic to exercise our right to vote.

Some of us contracted COVID-19 and survived while others did not. No one has remained untouched. Sadly, all of us have mourned and grieved the passing of someone this past year.

In this issue guest writers Deborah Coulhurst-Bryant and Sundra Franklin join AFCB to pay tribute to Teela Bland, Pastor Gwendolyn Dingle, and Michelle Grimes.

Throughout it all, we've kept moving forward trying to remain positive. Glenda Patterson shares her thoughts on "positivitea" in Positivity For Me is Happiness.

As Selma Jackson aptly asks in her article on the principles of Kwanzaa, "2020 opened as the year of clear vision...Did we see clearly in 2020?" "Yes we did!" she concludes. I agree.

With 2020 behind us, we look forward to a new president, a vaccine for COVID-19 and the day when we can all safely gather in-person indoors.

Though life is not back to the normal before COVID, I no longer feel like my life is on hold.

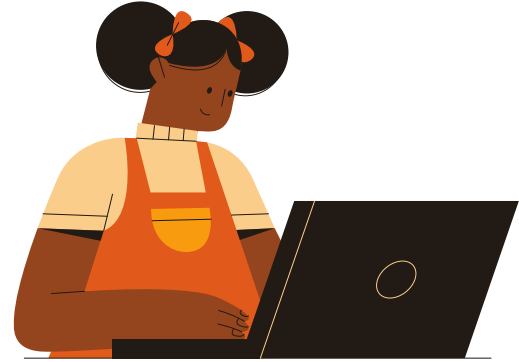
Together, let's make 2021 a banner year!

Enjoy this last issue for 2020 and check out our acknowledgment at the end of someone very special to Age Friendly Central Brooklyn (AFCB).

# WHAT THE PANDEMIC TAUGHT ME

**BY DOMINIQUE FRASER**

Kindergarten Teacher



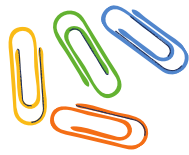
Whether you have referred to it as Corona or COVID-19 this virus has affected us all in one way or another. As a mother of three boys and also a Kindergarten teacher here in Bed- Stuy, COVID-19 really turned things upside down when NYC public schools closed. When it was announced that schools would be closed, there was a sense of relief because teachers, students and other school staff no longer were putting themselves in danger by simply being in a school building with hundreds of people at a time.

While the risk associated with being in school was out of the picture, it was replaced by the unknown: remote learning! What is remote learning? How and when will I do remote learning? What does it look like? How will families without access to technology be able to access their work? How much work do I give? Grades?! Attendance?!

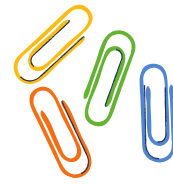
It was literally a whirlwind of never-ending questions and uncertainties, but as a teacher I did what I know how to do best, make it work. I learned new technology and continued to teach and engage students through platforms like Zoom and Google Meets.

I worked to find some sort of balance between work life and home life as it all suddenly merged together and became a blur. I also worked to create consistency and some sort of normalcy for young students that were also experiencing a huge range of emotions due to the pandemic. While it certainly wasn't easy, I made it through and learned a lot about myself and my capabilities as a teacher during the biggest educational shift of our time.

*Guest writer Dominique Fraser is a mother of three boys, a Kindergarten teacher in Bed-Stuy, and the daughter of Glenda Patterson, a contributing writer to Third Chapter Living.*



# BACK TO SCHOOL



**BY SELMA JACKSON**

Back to school this year has new meaning: is it the classroom, virtually or a combination of the two. Returning to school during COVID-19 is a challenge and the main question: will schools be safe for all concerned? Some colleges have had to reverse or revise their policies on being open as spikes in positive cases have developed.

What can we compare the pandemic to? WWI or WWII? The depression? The destruction of hurricanes, of tornadoes, of wildfires or 9/11? The last similar pandemic was the 1918 Spanish Flu. Over the past 100 years as a country we seem to have no unified plan for catastrophes. So while local and state officials plan, parents are deciding what is best for their child.

I spoke to the parent of a 10 yr old. She is concerned about schools not being adequately prepared for the virus and the transportation to and from school. Based on those concerns, she has decided to use remote learning through December.



I also spoke with a college student who was starting her senior year at an HBCU school. She finished her spring semester online and her internship was modified to a remote experience. While she wants to be on campus her senior year, she is concerned about staying healthy. So she's home for the fall! She misses her friends and reminds herself that she's not on semester break or holiday because that's what home has been these last three years. Staying healthy is number 1!

My granddaughters are doing classes online as well and they go to local colleges. Again the concern is staying healthy! Since communities of color are more prone to contracting the virus we must be vigilant about staying healthy!! Hats off to those who are taking care of themselves and their families.



# SCHOOL OPENINGS IN 2020

BY DONNA WILLIAMS



I don't have children, but I've been thinking about how you open school during a global pandemic. From what I've read and heard on news reports, I don't think America is ready to open schools safely. I've talked to friends and family who have children. Their experiences vary. Here are two stories.

Friends in Atlanta, GA are sending their son to high school. Two days in-person classes and two days remote. He doesn't have a choice about the in-person classes because these are courses he needs that are not available remotely. The high school has a comprehensive plan to ensure the safety of its students which is outlined in a well produced video sent to parents. Beginning with staggered arrival times for students; entering through assigned doors; using hand sanitizer stations in the hallways; and practicing social distancing in the classroom and eating areas. The school seems to have thought it through.

He has been in school for three weeks and in week one, two students have tested positive for COVID-19. Will this really work? My goddaughter in Durham, NC has three children. Divorced, she is a nutritionist, considered an essential worker and must work. Her son, who is in his senior year of high school, started in-person classes on Monday and by Thursday the school was considering closing because of the number of students testing positive with the coronavirus. Her two daughters, both in middle school, are being homeschooled by their father. For now, they appear to be out of arms way.



In New York, in-person learning at public schools was pushed back to September 21 as part of a deal with the UFT (United Federation of Teachers) which had been on the brink of voting to strike. Students and their families have the option of "blended learning" that's a combination of in-person and remote learning or 100% remote learning. Gothamist reports most "blended learning" students will be returning to school on September 29th or October 1st. I'm not feeling confident about the opening of schools anywhere.

# HOW GRANDPARENTS' DAY GOT STARTED

BY DONNA WILLIAMS



Grandparents' Day is always celebrated on the first Sunday after Labor Day. Each year, Age Friendly Central Brooklyn (AFCB) honors and acknowledges how grandparents uplift and support the family. We celebrate the grandparents who, during this global pandemic, are babysitting their grandchildren and helping them with homeschooling.

The origins of Grandparents' Day can be traced back to 1969, when nine-year-old Russell Capper sent President Nixon a letter suggesting that a day should be set aside to celebrate grandparents. On June 12, 1969, Capper received a letter back from Rose Mary Woods, Personal Secretary to the President stating:

"Dear Russell, Thank you for your letter to President Nixon. Your suggestion regarding a Grandparent's Day is appreciated, but the President ordinarily issues proclamations designating periods for special observance only when a Congressional resolution authorizes him to do so. With best wishes, Sincerely, Rose Mary Woods Personal Secretary to the President."

In 1970, Marian McQuade, a woman from West Virginia, who was a champion for the value of grandparents and older adults, promoted the idea of a holiday for grandparents, first in her home state – securing the honor in 1973 – and continued campaigning for a national holiday for the next six years.

McQuade worked tirelessly, contacting senators, congressmen and other politicians, to get a Grandparents' Day bill proposed by Senator Jennings Randolph out of the committee stage. In 1977, Senator Randolph, with the help of other senators, introduced a joint resolution to the senate requesting the president to "issue annually a proclamation designating the first Sunday of September after Labor Day of each year as 'National Grandparents' Day'."

Congress passed the legislation and on August 3, 1978, Jimmy Carter signed the proclamation, and National Grandparents' Day was finally celebrated the following year, in 1979.

McQuade wanted to establish a national holiday to help promote the contributions of the elderly to the youth and to encourage them to "adopt" grandparents. This is not unlike the commitment of AFCB and the Intergenerational Cohort to develop and maintain strong relationships to connect across generations.

# Alex Haley

1921-1992



**“Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.”**

# 2020 VOTING

BY SELMA JACKSON



**From left to right: Donna Williams, Glenda Patterson and Portland Zinerman**

The continual message for 2020 was: we are voting for the soul of our nation so vote like your life depends on it, because it does!! The pandemic heightened everyone's awareness. What was our Advocacy Cohort going to do? Several Age Friendly participants served as poll workers, but what else could we do. The rest of us focused on getting out the vote.

The pandemic raged but we stayed focused. For the June primary my polling site was changed in late April. I was very concerned as my polling site was in the basement of my building with 150 senior residential units. There was a scramble to get residents to request an absentee ballot. For those who wanted to vote at the polls I encouraged signing up for transportation.

Age Friendly volunteers provided transportation for 16 residents to the polls. I was concerned that the primary turn out at my site was low.

First: I convinced management that they had to reinstate the poll site in my building. They agreed once they saw many of the absentee ballots returned for improper completion.

Second: I enlisted a Spanish and Chinese resident to visit each of the Spanish and Chinese speaking residents to make sure everyone was registered to vote. I visited all the English speaking residents. In all we got 20 new applications, which were all hand delivered to the Board of Election, avoiding mail delays.

Third: Signs were posted on all 7 floors in English, Spanish and Chinese: Deadline to register; Dates and location of early voting with sign up for transportation; and Date and location for Election Day

Fourth: Meeting with Building Management to organize voting. We used two rooms instead of one. We requested a separate line and chairs for older adults.

Finally: I was pleased to serve as a poll watcher for our 56th Assembly candidate, Stefani L. Zinerman. At the end of the day we each in our respective neighborhood felt we had done our best.







# POSITIVITY FOR ME IS HAPPINESS



BY GLENDA PATTERSON



**POSITIVITEA**

*Whenever I see Glenda on a Zoom call she is always happy and upbeat. So I asked her to share with us how she stays positive during this global pandemic.*

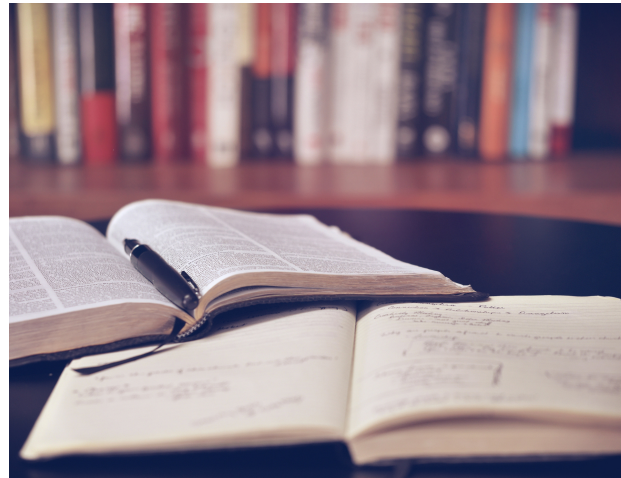
- Donna Williams

I like to be happy so I stay positive. I say my prayers. I meditate. I listen to my smooth jazz. I exercise and I walk up and down my stairs just trying to keep juicy joints as my Yogi Tameeka Nicole would say.

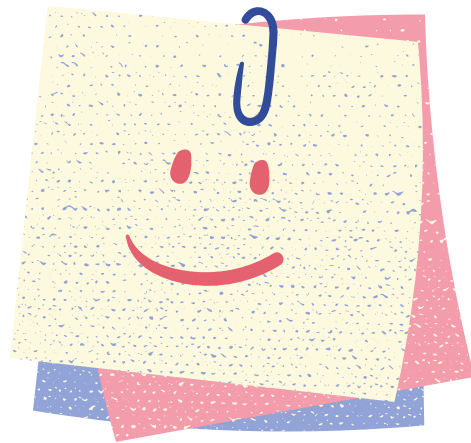


I take yoga class, chair yoga, and restorative yoga with my Yogi. By keeping my mind and body right keeps me happy. And when I'm happy I'm at peace and that keeps a smile on my face.

I love to read and have been doing so for a long time. For me to be uplifted I've read a lot of positive affirmations starting with Iyanla Vanzant's book Acts of Faith which I've read cover to cover. I credit that book for shaping me to be the person I am today.



Keeping a smile on my face brightens my heart and lessens my wrinkles so I just keep Smiling. I invite you to keep smiling too!



# FRIENDSHIP NEVER DIES- TO A DEAR FRIEND

BY DEBORAH COULTHURT- BRYANT



I write this with great sadness over the unimaginable loss of Teela Bland, a dear close friend of over 62 years to COVID-19. I still can't

believe it. I can count on one hand the homes I visited just to sit and talk about life issues; Teela Bland's house. I loved sitting in her backyard talking, eating, drinking and sometimes even planting.

A beautiful woman, inside and out, Teela and I were friends since elementary school. For years, we spent every Saturday at Bridge Street A.M.E. Church in the Brownies, Girl Scouts and Cadets.

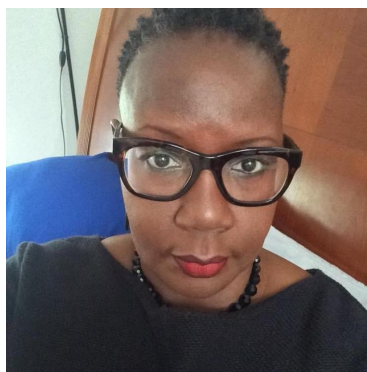
We lost touch in high school and during our adult years, but as God would have it, we reconnected in 2018. Our friendship never skipped a beat. As we rekindled our sisterhood, I learned that my friend travelled to many parts of the world. Teela was a loving, real and wonderful mother to her two sons and daughter and laid a strong Afrocentric foundation for them.

Because of Teela I received well needed spiritual and physical help, and exercise. She introduced me to Roselle, the instructor of Savvy Soul Line Dancers and to Tameeka Nicole, EmergeSoul, for yoga and meditation. I was excited when I was finally able to introduce her to a dynamic group of active and engaging older adults, the women of Age Friendly Central Brooklyn.

# REMEMBERING MICHELLE GRIMES

Sunset August 10, 2020

BY SELMA JACKSON



MICHELLE GRIMES was grace under fire. I first met Michelle at Bridge St. AWME Church. We were both members and part of the women's ministry. I saw her develop spiritually

and soon Michelle spoke of becoming a minister!

That faith and spirituality is what sustained Michelle these last several years. We reconnected through Age Friendly as Quincy Residence was host to Age-Friendly meetings.

Well done thy good and faithful servant and now God has called you. We love you and are thankful that you shared some time with our Age-Friendly community!!



# CELEBRATING THE LIFE OF PASTOR GWENDOLYN DINGLE

BY SUNDRA FRANKLIN



*Pastor Gwendolyn H. Dingle*  
*Photo Credit: Stella Magloire*

Pastor Gwendolyn H Dingle, long time pastor of the Pentecostal House of Prayer in Bedford Stuyvesant transitioned on April 21, 2020. She was known in all circles for her warm demeanor, her smile and her commitment to not only her church but her work with individuals and community organizations to enhance lives in the Bedford Stuyvesant community.

Pastor Dingle succeeded her father and served as pastor of the Pentecostal House of Prayer Church for 11 years. She was the President of the 79th Precinct Clergy Council. She showcased her leadership skills as she expanded the number of churches that became active members of the Council and worked to strengthen communication between the community and the NYC Police Department in this role. She was also Chaplain of the 79th Precinct Community Council.

Pastor Dingle's commitment to "SERVICE" was shown through her active involvement with CB@3; the Bridge Street Development Corporation's Block and Tenant Association; as an active member of the D36 AGE FRIENDLY NEIGHBORHOOD ADVISORY BOARD; the AGE FRIENDLY NEIGHBORHOOD AMBASSADOR'S NETWORK and other community organizations and groups, which provided a comprehensive array of supportive services, individual and group activities, and resources which were designed to enhance lives in the Bedford Stuyvesant community where she lived and worked.



*Pictured from left to right: Ernestine Riley, Sundra Franklin, Veronica Morris, Thelma Reyes, Pastor Dingle, Beverly Mapp, Brenda Johnson, Portland Zinerman, and Sheila Cox*



# STAYING TRUE TO OUR MISSION



BY DONNA WILLIAMS

It was an ambitious idea, in the midst of a global pandemic and with a limited budget, to mount a week-long campaign of outdoor activities and exercises for Active Aging Week, October 5-11, 2020.

Active Aging Week (AAW) is an annual event presented by Humana and organized by the International Council of Active Aging®, the association that has been leading, connecting and defining the active aging industry since 2001. AFCB has been a participant of AAW for the past three years and in October planned a series of events for seven consecutive days.

*monday* – Virtual Panel discussion: Seven Dimensions of Active Aging; followed by a presentation, COVID-19 Conversation: Mental Health, Equity & Resilience

*tuesday* – 2nd Annual Wellness Walk in Brower Park

*wednesday* – Virtual Game Night

*thursday* – Chair Yoga in the Park with our wellness guide Tameeka Nicole of EmergeSoul

*friday* – Dance Party at Nostrand Social, a soon to be Elder Wednesday hotspot

*saturday* – Old School Fit & Play at the Bed Stuy Black Lives Matter Mural

*sunday* – Virtual Reflections on the Week

We took on the challenge of AAW because we believe in the benefits of active living and support the idea of incorporating new activities into our daily practice. Admittedly, there were mishaps and miscommunication about certain activities. We understand the need for clear communication and early notification and moving forward our intent is to alert you about events – at the very least – 24-48 hours in advance. Despite my trepidations about presenting AAW without funding, our planned week served AFCB well!



Though we continue to shelter in place, we can still be active and healthy while staying indoors. Twice a week (Tue & Thu from 10:15am-11 am), our Movement Guide Tameeka Nicole, owner and curator of EmergeSoul, offers free “age-friendly” classes designed to get folks moving. The classes combine conscious breathing, meditation, and mindful movement while sitting in a chair!



Let's revisit some of the Age Friendly Health Tips we shared in an earlier issue of Third Chapter Living:

- Order a set of bands to keep your arms and legs strong
- Join a Zumba or Dance class using Facebook Live
- Do leg lifts and arm curls when you are sitting and looking at your favorite program
- Set your alarm clock to remind you to drink water – stay hydrated with 88 ounces – and get up and stretch your body.



Your body can fight stress better when it is fit. Remember Tameeka's words, “we want juicy joints” and Movement is Medicine!

# SHELTER IN & STAY FIT!

## Tips for Staying Healthy while Staying Indoors!

BY DONNA WILLIAMS

We are all trying to stay healthy and live longer. The following are some healthy habits for you to continue or adopt during this period of social distancing.

### Take:

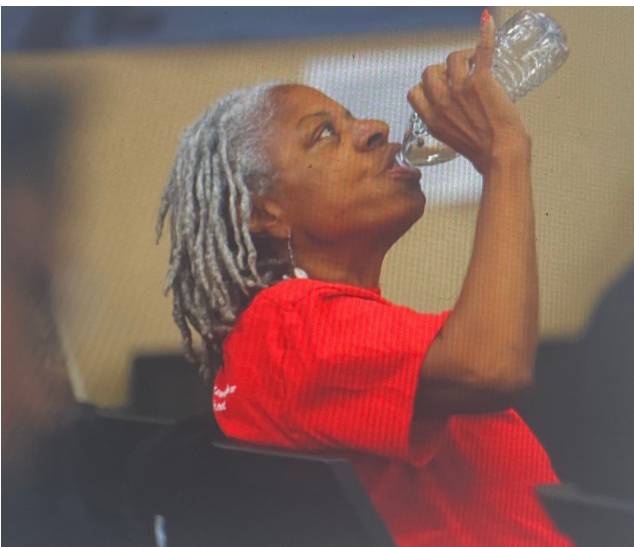
- Vitamin D3 1200 IU
- Vitamin C 250MG

### Eat:

- Fresh Fruits, especially blackberries, kiwi, and citrus
- Fresh Vegetables, especially dark leafy greens

### Drink:

- Stay hydrated; drink plenty of water –88 ounces. Add lemons, limes, oranges, strawberries or cucumbers to give it flavor.
- Brew your own tea using ginger, elderberry, turmeric or soursop.



### **Movement is Medicine!** **Your Age Friendly Health Tips**

- Remember what Tameeka and Fiona have taught you in class!
- Haven't joined our Healthy Aging Series yet? Use "YouTube" or dig out your old VHS tapes or DVD to find fun exercises to do.
- Order a set of bands to keep your arms and legs strong.
- Join a Zumba or Dance class using FaceBook Live.
- Use that exercise equipment that is now a clothes hanger.
- Do leg lifts and arm curls when you are sitting looking at your favorite program.
- Set your alarm clock to remind you to drink water and get up and stretch. your body!



# CHRISTMAS MEMORIES



BY SELMA JACKSON



This year, 2020, has been like no other. The pandemic, social distancing, loss of family, friends and cherished notables, and then the election!!

All of this and the holidays are upon us. Our tradition of celebrating with family and friends is detrimental to our health this year. As I write over 300,000 have died in the United States and a significant portion were Black and Brown citizens, why celebrate?

I have decided to hold on to Christmas memories of old and infuse them into my holiday celebration this year. I started off remembering how my mom baked desserts for family members near and far. The Christmas box we sent to grandma every year and the box grandma sent to us every year filled with collard greens, yams, butter, black walnuts, and candy canes.

So I baked before Thanksgiving. I'm still baking and off to the post office to scurry the gifts to their destination.

Another tradition we had was always helping others. I saw two toy drives and a coat drive that I decided to support this year.



I added a new way of celebrating that reminds me of being in a family of all girls. A friend of mine invited me to join a Holiday Sisters group of eight including myself. From December 1-25 we will send daily affirmations to share with the group and we've been paired to be "secret" Santa and exchange a gift valued at \$10 maximum. I have enjoyed the music, prayers, and joys shared each day. They have been especially heartwarming at this time of being alone!

The wait for the pandemic to subside has brought on new meaning to waiting for Christmas. There is planning, preparation and finally joy! May we embrace the joy of our new memories of Christmas!!





# REAFFIRMATION OF THE PRINCIPLES OF KWANZAA



**BY SELMA JACKSON**

2020 opened as the year of clear vision! As we closed the year with our Kwanzaa celebration and reflected on the year that was, the Principles seemed to call us into action and accountability.

Did we see clearly in 2020? Yes we did! Systemic racism was revealed to the world in how it impacts all aspects of life: health, employment, education, wealth, housing, and just existing in this country: in your home, jogging, shopping or driving.

- Umoja: unity of purpose, working together to achieve our goals.
- Kujichagulia: self determination. Defining for yourself as individuals and/or communities who you are.
- Ujima: collective work. How can our work benefit our community?
- Ujamaa: cooperative economics. How can we form cooperative spaces instead of competitive spaces and serve our community?
- Nia: purpose. What purposes are important for our community?
- Kuumba: creativity. We are a creative people. How can we use that to serve our community?

- Imani: faith. "We have come this far by faith" and it is only through faith we will carry on!

Each one of the principles of Kwanzaa was lifted up with its meaning, with examples and with a challenge to us all: How will we make Kwanzaa part of our lives and begin to see positive results?

An early manifestation of the principles was witnessing the completion of Stacey Abrams' organization Fair Fight with a win for two democratic senators in Georgia and the affirmation that Biden/Harris had won the General election also. Stacey Abrams did this after losing the governor's race in 2018. She demonstrated all of the principles: she was self determined to correct the ills of 2018 by working in unity and purpose. Through creativity she organized the faith community to work collectively understanding that the community efforts would create cooperative economics.

In reaffirming Kwanzaa it's not only an end of year celebration but a daily way of living!





JUST A NOTE TO SAY...



STEFANI L. ZINERMAN

# Thank You Stefani L. Zinerman

*"Thank you Stefani! I appreciate you and the work you do. You are truly a champion for older citizens! Grace and peace in your new adventure!"*

Your #1 Fan, Portland Zinerman

*"Stefani, I am so proud of you!! You continue to serve our community in meaningful ways, always reaching higher...and now you are Assemblywoman Stefani Zinerman!!*

Love, Aunty Beverly Mapp

*"Note to Stefani, to always hear a person speak from the heart is a blessing. God gave you the tools continue on your journey."*

Annette Alleyne-Merritt

*"Thank you to Stefani for your courageous, tireless commitment to our cause and community, I say thank you."*

Jacquelyn Bullock

*"Stefani is a real go get'm kind of woman always willing to lend a helping hand to our community. She's always ready so she don't have to get ready. Keeping our health always in her vision. She always keeps us informed of any changes that the NAACP has put in place for our well being. I joined these organizations because I saw all the great work Stefani has been doing to keep us seniors in the loop. Stefani is such a pleasant person to work with in the community."*

Sylvia Cheeks aka Superior

*"Thank you Honorable Assemblywoman Stefani Zinerman for your active servant-leadership. Your inspired leadership is invigorating, purposeful and directly improves the quality of life for third chapter living residents in Central Brooklyn."*

Marlienne Christian

*'Thank you to Stefani! Stefani, I appreciate you for your commitment and dedication to age-friendly and our community. You have empowered us to be proactive, more vigilant and more involved in taking better care of ourselves and others. God bless you on your new journey as our Assembly Woman.'*

Evelyn Collier

*"Thank you for your vision, your extraordinary ability and leadership while at AFCB. We appreciate the efforts taken by you. We are so blessed to have you as our NYS Assembly member."*

Deborah Coulthurst Bryant

*"Stefani Zimmerman has always respected what her Elders bring to the Community - for this I thank her!"*

Sheila Cox

*"Thank you Stefani for being a champion for the aging. You are a powerhouse, a force to be reckoned with when it comes to supporting meaningful change in the Bedford Stuyvesant and Crown Heights, and now Central Brooklyn Age Friendly community. You are loved and thought highly of by me and a beacon of light for Women of Color."*

Denise Drayton

*"Stefani Zinerman, our Assemblywoman with a vision for the 56AD. Thanks to Stefani for stepping out and up in her new leadership role in the NY State Assembly. She thrives as she creates innovative solutions for our 56th AD. Thanks for what you have done as you lead us into a promising future."*

Bessie Edwards

*"Thank you Ms. Zinerman for remembering that we are vibrant seniors. We appreciate all that you do."*

Yvette Edwards

*"Thank you Stefani for your ongoing efforts, support and commitment to Older Adults. Your continued efforts to enhance our lives can be seen in your efforts to engage, provide resources & information, and most importantly create pride in reaching and developing quality lifestyles in our Third Chapter of Life. Thank you for ALL that you do, your motivation and commitment to Older Adults. We respect, support and applaud you."*

Sundra Franklin

*"When I met you a couple of years ago, I had no idea of who you were. I am grateful to say that that has changed for the good. I find you engaging, intelligent, and amongst a myriad of other things: a nice person.*

*Thank You Stefani"*

Lorraine Gamble Lofton

*"Greetings Stefani thank you for your leadership, steadfast commitment to Older Adults and your friendship. I am so thankful to know wherever you are and wherever you go you will champion us. Continued success and protection."*

Victoria Graves-Cade

*"I would like to thank Stefani for caring and wanting seniors to age gracefully, stay healthy and active. I pray that God continues to bless her and help her fulfill her dreams and ambitions."*

Velvet Hall

*"U give me F. A. I. T. H. Fun Action Ideas Themes Happiness."*

Carol Harris

*"Thank you Stefani for representing the 56th congressional district. I had no doubt that you would be an inspirational leader and further advance the course of AFCB Ambassadors. It's good to know we have a true friend and an honest fighter in Congress. Keep up the good fight. You're doing a great job..."*

Linda Hawkins

*"Stefani, thank you for taking an idea and making it reality in the organization of Age Friendly Central Brooklyn (AFCB). AFCB celebrates older adults and I am thankful that you invited me to join AFCB! As 56th Assemblywoman continue the 'good trouble' work in serving our community!"*

Selma Jackson

*"Thank you for all that you have done."*

Barbara Jackson

*"I just want to thank you for your friendship and support over the years. Your thoughtfulness always reminds me of what true friendship is. Congratulations former chairwoman of AFN and newly elected ASSEMBLYWOMAN STEFANI ZINERMAN."*

Brenda J Johnson

*"We greatly appreciate all you have done. Thank you so much Stefani."*

Pearl Jones

*"Thank you Stefani for allowing me to walk behind your shadow for a few moments. Your shade has been so enlightening...the Ancestors is watching!"*

Lynette Lewis Rogers

*"I like to overall thank Stefani Zinerman for all her efforts pertaining to the well being of the seniors in the Age Friendly Central Brooklyn (AFCB) area. She is a wonderful presence in this world. It's my delight to have participated in the AFCB organization. Moreover she has reframed my views of aging. I wish all the best for her."*

Sharon Lyons

*"Live, love and laugh. Thank you for your leadership and for allowing me to be a part of this age friendly organization."*

Veronica Morris

*"Thank you Ms. Zinerman for the work you have done in the community and the opportunities you personally helped me received. You are truly the epitome of a community activist & leader."*

Olayemi Odesanya

*"Thank you Stefani for being courageous and standing in the gap for our people. You are #puredopeness."*

Tameeka Nicole

*"Stefani I would like to thank you for your service. You have made our community proud. Grace and Peace."*

Glenda Patterson

*"Dear Stefani, I did not know you very long, but from the time I joined Age Friendly, you were always so bubbly, pleasant, and helpful, and made me feel welcome. I wish you much success in you new position as Assembly Woman for the 56th District!"*

Theresa Phillips

*"Deeply appreciative of the benefits I received through your hard work and dedication to the cause, am so humbled and grateful to you. Thank you and God bless you."*

Merine Showard

*"Stefani Zinerman. Much appreciate the love in welcoming me to participate in Age Friendly activities."*

Patricia Washington

*"I value the insight and guidance you provided at our meetings over the years. Thank you, Stephanie you are the best."*

Joycelyn Wheattle

*"Little did I know meeting you at a line dancing class would change the direction of the third chapter of my life! Stefani, thank you for loving, caring, respecting, and protecting older adults. Who you are and what you do is making a qualitative difference in our lives."*

Donna Williams

*"Dear Stefani, I'd like to express my sincere and deep gratitude for your dedication and outstanding leadership with AFNCB. Your commitment to our Seniors and the Central Brooklyn community is invaluable. Warmest Regards."*

Jacqueline Williams

*"Thanks Stefani, I have enjoyed being an ambassador over the past three years. Thanks for your leadership and encouraging community involvement; the breathing exercises and good eats were greatly appreciated. Thanks for the Shekere class the emblems from Africa that you gifted the class with will leave a lifetime of memories of Age Friendly Bedford Stuyvesant."*

Renee Williams

*"I have seen you grow and dedicated yourself in helping others focusing upon the well-being of seniors and for that Thank You, we are Grateful. At this level of performance and leadership you need this prayer, "Holy Spirit, please help Stefani Zinerman to stay on course and to achieve success in all that You have called her to do."*

Martha Works