

age friendly

BEDFORD-STUYVESANT
& CROWN HEIGHTS

THIRD CHAPTER LIVING



PREMIER ISSUE | JANUARY 2020

A PUBLICATION OF AGE FRIENDLY
NEIGHBORHOOD INITIATIVE

WELCOME!

To a New Year, a New Decade and most important, to the premier edition of ***Third Chapter Living***, the official newsletter of Age Friendly Bedford- Stuyvesant & Crown Heights!

We are so excited and energized to be launching the New Year – embracing our 20/20 vision – with this publication.

The title, ***Third Chapter Living***, was inspired by the book by renowned sociologist Sara Lawrence-Lightfoot: “The Third Chapter: Passion, Risk and Adventure in the 25 Years After 50”.

With the debut of ***Third Chapter Living***, we are redefining how we age-in-place and celebrate what it means to be age-friendly living in our community.

Each month, we will share information about upcoming activities as well as highlight memorable past events such as the ones showcased in this edition: Dashing through the District in December; and our first Ambassador Orientation and a Vision Board Party both held in January.

Featured in each edition there will be an affirmation that we hope will help to bolster and empower you. This month it is written by one of our Age Friendly Ambassadors!



“We must develop a compelling vision of later life,” says Lawrence-Lightfoot, “one that does not assume a trajectory of decline after 50, but one that recognizes it as a time of change, growth, and new learning; a time when our courage gives us hope.”



In the months ahead, we will depict how older adults are having fun and enjoying their lives; engage in open dialog with their peers about living a complete and healthy lifestyle; profile our ambassadors; and present real stories from the community. Age Friendly remains resolute in its commitment to improve the overall quality of life of older adults.

Third Chapter Living will be emailed to the Age Friendly distribution list and all new subscribers on the fourth Thursday of the month. Requests can be sent to:
agefriendlyd36@gmail.com



DONNA WILLIAMS

EDITOR IN CHIEF



Neighborhood: Resident of Bedford Stuyvesant

Years with the Initiative: Since March 2019. Introduction to Age Friendly was the 7th anniversary luncheon in April where I met and worked with some fantastic ladies. Currently an Ambassador and member of the Economic Empowerment Cohort.

Career Status: Retired after nearly four decades as a PR/Communications professional primarily with PBS (Public Broadcasting Service) and WNET New York public media (Channel 13).

Ageing Goal: To be my best self, living my Third Chapter and beyond happily and in good health; to continue my mediation practice and to always be grateful for the life I've been given; to be an active (yoga at EmergeSoul with Tameeka Ford), informed, and productive member of my community; to engage lovingly with family and friends; and to laugh a lot and have fun every day.

SHEILA COX

DISTRIBUTOR & PHOTOGRAPHER



Neighborhood: Resident of Vinegar Hill

Years with the Initiative: Six Years. Currently an Ambassador and member of the Intergenerational Cohort

Career Status: Retired Pre- School Teacher

Ageing Goal: To Age with Grace and Amazing Style!

EDITORIAL STAFF

LORRAINE GAMBLE-LOFTON **PHOTOGRAPHER & CONTRIBUTING WRITER**



Neighborhood: Resident of Bedford Stuyvesant

Years with the Initiative: Became associated with the Age Friendly Initiative in 2019 at the invitation of a good friend Donna Williams. Am I ever glad that I followed-up! Currently an Ambassador and member of the Advocacy Cohort

Career Status: Retired after 33 years of service at the New York Department of Finance

Ageing Goal: Looking forward to enjoying my retirement. Believe that being an active part of this group is just what a body needs.

SELMA JACKSON **CONTRIBUTING WRITER**



Neighborhood: Resident of Bedford Stuyvesant

Years with the Initiative: Member of Age Friendly Neighborhood Initiative for five years. Currently an Ambassador and member of Advocacy Cohort.

Career Status: Retired Banker and entrepreneur.

Ageing Goal: To enjoy life to the fullest and be open to new adventures.

STEFANI ZINERMAN **PUBLISHER**



Neighborhood: Resident of Bedford Stuyvesant

Years with the Initiative: Since March 2014. Organized the initial Advisory Committee, became the Co-Chair, led the effort to survey the district's seniors regarding their experiences and needs, and produced the first Neighborhood Action Plan. Currently serves as Chair for the Advisory Committee and Director of the Age Friendly Ambassador Program.

Career Status: Works in the New York State Senate as Director of Special Projects of New York for State Senator Velmanette Montgomery

Ageing Goal: To embrace my third chapter of life with passion, joy and grace in a temple that is marathon strong and battle ready.

JOIN US!

BY SELMA JACKSON



Starting the year and new decade with a step towards serving more older adults, Age Friendly Ambassadors introduced a monthly orientation program to recruit new members and/or provide training to recent joiners on January 7. It was also an opportunity for "old-timers" to get a refresher class or share that time with their invited guests.

This new initiative will take place the first Tuesday of each month from 2:00-3:30 pm at 625 Quincy Street. We were excited to welcome five guests to hear about Age Friendly NYC and Age Friendly Ambassadors of Bedford-Stuyvesant and Crown Heights. The time was spent explaining the history of the Age Friendly Ambassadors program, which will now have neighborhood programs serving the entire Borough of Brooklyn. We shared some of the activities we engage in, how one becomes a volunteer and then an ambassador. We shared about our core programs: Economic Empowerment; Advocacy; Intergenerational; and Social Inclusion.

We also shared about the volunteer opportunities; our trips which are fun, service-oriented and informative; exercise programs; ways we socialize together; and our regular meetings.

At this first orientation, which included one male, all participants attempted to complete a survey issued by the World Health Organization in 2007. The survey is a self-assessment to establish whether cities are meeting the eight (8) domains of an Age-friendly City, which are: Outdoor Spaces and Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation and Employment; Communication and Information; Community and Health Services. Each category had several statements for individuals to check if the service existed.

No one in the room could report checking more than three statements in any one category. As a result of the preliminary results, the Advocacy cohort can do the following: survey further to get a larger sample of responses and begin to petition the city council that our neighborhood is no longer meeting basic standards of an age friendly city!

Participating in this assessment was a thoughtful demonstration of how Age Friendly Ambassadors serve our membership and our community.

We are grateful for our new recruits and know that we are off to a great start in 2020.

A VISION FOR 2020

BY DONNA WILLIAMS

Each January, Age Friendly honors the legacy of Dr. Martin Luther King, Jr. Inspired by his words “I Have Dream”, this year's celebration was an Aging Aspirations: Vision Board Party, which encouraged everyone to get in touch with their dreams. If you've never created a Vision Board, it is a visualization tool where you build a collage consisting of words and images representing your goals, desires, and dreams.

More than 40 women of color – Age Friendly Ambassadors, volunteers, and meeting participants – gathered in Brooklyn at the Weeksville Heritage Center to attend the motivational class designed to help manifest their dreams in 2020 and beyond.

The day began at 8 am with a healthy breakfast of Greek yogurt with a variety of toppings (fruits, nuts, granola, etc), tea, and cranberry and orange juice. Eating well is one of the building blocks to living a healthy lifestyle. Providing nourishing, wholesome meals, snacks, and of course water, is a top priority at Age Friendly activities.

Following breakfast, EmergeSoul Well-Being Curator Tameeka Ford opened the class with a breathing exercise to calm and center everyone and Stefani Zinerman, chair, Age Friendly Bedford-Stuyvesant & Crown Heights, welcomed everyone and outlined the day.





She defined for us the third chapter and shared a clip of renowned sociologist Sara Lawrence-Lightfoot author of “The Third Chapter: Passion, Risk and Adventure in the 25 Years After 50”; and introduced the guest speakers who set the stage for us to think about our dreams.



Speakers included: Eve Vaval, The Alzheimer’s Association (AA), who spoke about brain health and the services and support AA offers for those with love ones dealing with dementia and Alzheimer’s; and Terri White, founder and president, A Labor Of Love ElderCare, who talked about quality of life, being valued and appreciated, eating good food, the importance of having a power of attorney and a health care proxy, and much more. The room erupted with laughter – and seemingly in agreement – when White said, older adults want to “have good, safe sex often, if we choose”.



After the speakers, we were treated to a smoothie with almond milk, rosemary, bananas, and ginger; and dandelion root tea with lemon grass and cinnamon, no honey or sugar prepared and served by Chef Marilyn, Divine Appetite.

Finally, it was time to create the Vision Board. To spark some ideas, Tameeka shared her Vision Board with us. As we flipped through stack of magazines at our individual place settings of a poster board, a scissor, and a glue stick, folks got creative. After cutting and pasting for a few hours, we broke for a delicious lunch and then went back to building our boards.

Once completed, we took pictures with our Vision Boards and shared our hopes, dreams, and aspirations. It was an amazing, invigorating day and the perfect way to kick-start a new year and a new decade. What is your vision for 2020?

A HOLIDAY HIT!

BY LORRAINE GAMBLE-LOFTON

On December 20, 2019, I found myself “dashing through the district” with the Age Friendly Ambassadors and my Assembly Member Tremain S. Wright. *Dashing through the District-A Sleigh [Bus] Ride!*, was a first-ever showcasing the illuminated homes of Bedford-Stuyvesant and Crown Heights residents who participated in Wright's Annual Holiday Lights contest.

When I first heard about it, I tried to figure out like how many sleighs we were going to need to carry the masses plus, there was no snow? Okay, okay I know that was a fantasy but they did say, "sleigh ride"!

Immediately after the annual City & State Christmas party hosted by Council Member Robert Cornegy, Jr. and Assembly Member Wright, we boarded an executive coach at Restoration Plaza and waited for the adventure to begin!

To our surprise, Santa left each of us a little gift on our seats - bright red scarfs with gold embroidering! Soon, we were on our way, dashing down Fulton street towards Fulton Park. We parked in front of the nicely lit tree that was decorated with bright white lights and the oohs and aahs began.



We were further treated with libation of hot chocolate and hot apple cider, mmm, good while Christmas music provided the soundtrack for our tour.

The stand out block on the tour was beautifully decorated by the 700 Jefferson Avenue Block Association. Others were nicely decorated but they were few and far between.

We traveled to the northside to see the tree in Von King Park and not a light was lit. Then, we headed to Crown Heights to see the well-lit tree decorated by our friends from the Parks Department, Crown Heights North Association and Friends of Brower Park. Hooray!

I miss the days when there were real battles between the blocks to be the best, Decatur Street between Sumner (now Marcus Garvey) and Throop won often and hope that those reading my words will be inspired to enter the contest and make their blocks as festive as the celebrated neighborhood of Dyker Heights.

We returned to our takeoff spot at Restoration, for one last glimpse of their tree. All and all, it was a nice way to spend a Friday night. I would venture to say that a good time was had by all.



MID-YEAR REPORT

BY STEFANI ZINERMAN, CHAIR - AGE FRIENDLY

The Age Friendly Bedford Stuyvesant & Crown Heights Ambassador program serves adults 62 years and older who live locally and as far away as Queens, New York. These seniors are vibrant and actively engaged in improving their neighborhood and its services for other older adults.

Since 2012, we've provided the resources for seniors enjoy the riches in our community in fellowship with their peers, lift their voices on issues of importance, and volunteer to improve the quality of life of others.

We set out in fiscal year 2020 (July 1, 2019) with three goals:

- Increase the number of Ambassadors volunteering to make our neighborhood more age-friendly by 10%;
- Establish more Community Partnerships to enhance our Healthy Aging programming; and
- Connect more Local Business to our Elder Wednesday discount program

Take a look at our progress with the Age Friendly Ambassadors leading the way!



Volunteers

55

Enrolled in our Ambassador program.
Up from 28

Partnerships

2

- Zaca Cafe
 - Doc's Southern Desserts
- Offering "Elder Wednesdays" discounts to older adults*

Local Businesses

12



- Alzheimer Association
- Bed Stuy BID
- Bedford YMCA
- Brooklyn Borough President's Office
- Boys and Girls High School
- Divine Appetite
- Divas for Social Justice
- EmergeSoul
- Labor of Love Eldercare
- NYC Parks Dept. - Von King Park
- The Campaign Against Hunger
- Silver Sneakers

HEALTHY AGING

Discover yourself in a new way!



New Year, New Decade!

Blessed Year, Blessed Decade! 2020 has invited us to discover ourselves in a new way. Will you accept the invitation?

Go for it, take the invitation to awaken and empower yourself to live more freely and more fulfilled. We want to cheer you on as you commit to taking back your health, your power and restoring the connection of the mind-body-heart. I know this feels like a huge undertaking and I totally understand the feeling. I am also discovering myself in a new way and I decided not to make myself crazy in the process, so I just set the intention to: Dance a little more, create a little more, walk a little more, rest a lot more, drink a little more water and herbal tea, eat a little less sugar, eat a lot more greens, get a little more sun, and share more time and love with my family and friends.

Will you join me at EmergeSoul, so together we can intentionally discover ourselves in a new way?

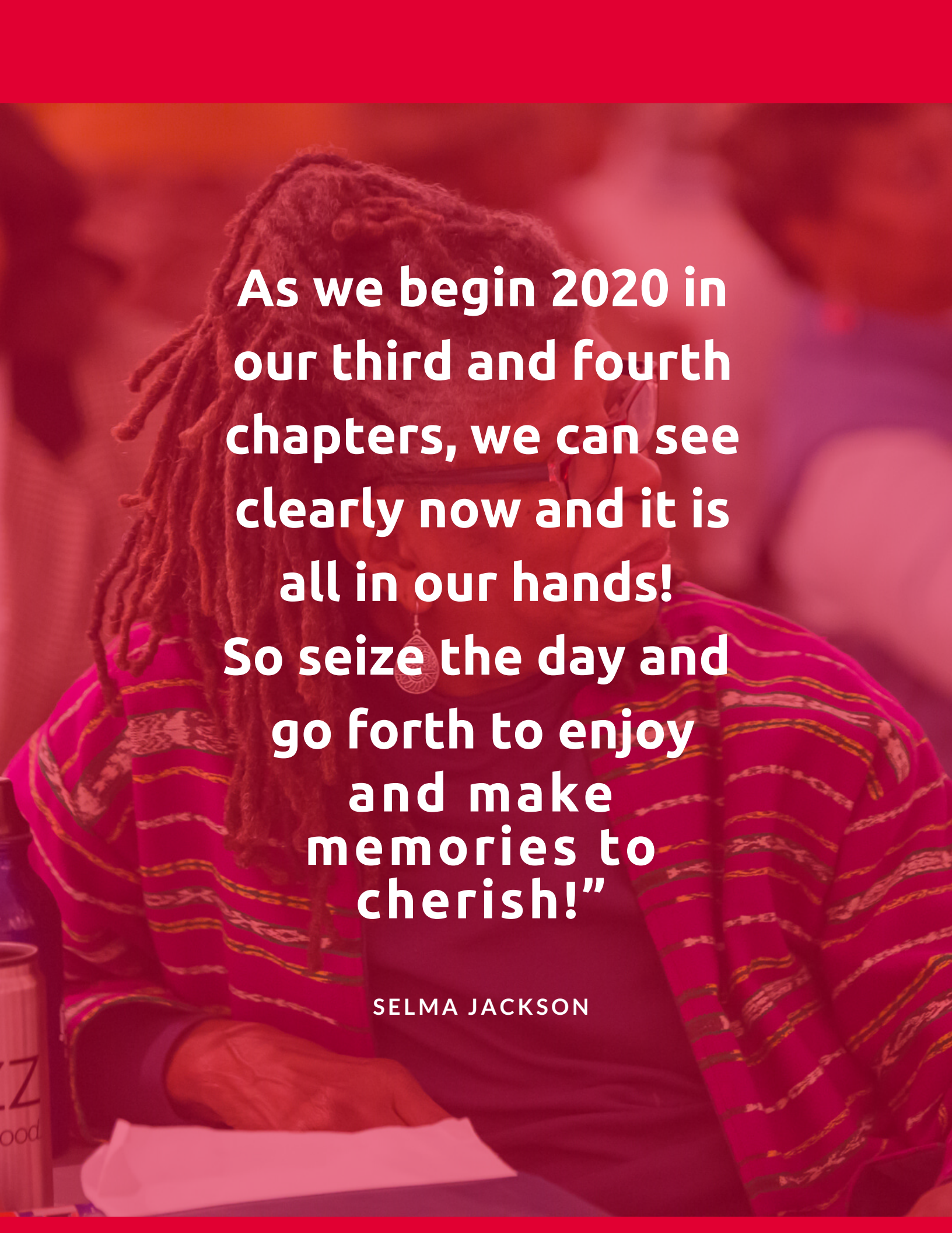
At EmergeSoul we want to share with you and support you as you master being the true YOU. Come move with us, breathe with us, be still with us, and take back your freedom with us.

We hope you come out to discover yourself in a new way at our upcoming event below:

- Gong Meditation: Feb 23, 2020
3:00 PM ~ Experience the healing vibration of sound therapy for the body and mind. Come relax the nervous system and restore harmony in the body.

EmergeSoul Studio is located at 380 Macdonough Street (between Stuyvesant & Malcolm X), cost: \$15.00.

Be Well and Be Good to Yourself!
-Tameeka Ford

A woman with long, dark dreadlocks is shown in profile, looking down. She is wearing a vibrant, multi-colored patterned sweater. The background is blurred, suggesting an indoor setting with other people. The entire image has a warm, reddish-orange tint.

**As we begin 2020 in
our third and fourth
chapters, we can see
clearly now and it is
all in our hands!
So seize the day and
go forth to enjoy
and make
memories to
cherish!”**

SELMA JACKSON

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CALENDAR

January 30 at 8:30 AM- LiveON NY
Conference

February 4 at 2:30 PM- New
Member Orientation

February 5 at 2:00 PM- Aging
Mastery Program - Session #2

February 11 at 2:30 PM- Age
Friendly Ambassador Program
meeting

February 15 at 6:00 AM- Aging
Advocacy Day in Albany (Bus Trip)

February 18 at 12:30 PM -
Movement is Medicine @ Quincy
Senior Residence

February 19 at 2:00 PM- Aging
Mastery Program - Session #3

February 20 at 6:00 PM-
Ambassador's Shekere Performance
@ Restoration Plaza

February 26 at 12:00 PM - Elder
Wednesday Luncheon , TBA

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City Council Member Robert E. Cornegy, Jr. (D36)



AGING ADVOCACY DAY BUS TRIP 2020

