

age friendly

BEDFORD-STUYVESANT
& CROWN HEIGHTS

THIRD CHAPTER LIVING



Photo Credit: Sheila Cox

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COVID19: OUR NEW REALITY

BY SELMA JACKSON

We've heard so much, it's in the news every day, but let's focus on the preventive steps and staying healthy:

- **Knowing the signs and symptoms:**

Fever, cough, shortness of breath, seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

- **Wash your hands often with soap and water for at least 20 seconds**, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not available use a hand sanitizer.

- **Avoid touching your eyes, nose, and mouth with unwashed hands.**

- **Avoid close contact with people who are sick. Stay at home if you are sick.**

- **Keep several feet of distance from people**

- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash**

- **If you don't have a tissue, cough or sneeze into your elbow** to keep the cough or sneeze from spreading and to avoid adding germs to your hands.



Graphic Credit: Boundless Immigration

- **Clean and disinfect frequently touched objects and surfaces.**

- **Go to a doctor if an illness does not clear up in a few days** or if you suspect a viral infection, like the flu (call ahead of time with your symptoms).

- **If you haven't had the flu shot check with your doctor.** Older adults are more at risk.

- **Public assembly** – Stay indoors or local, if needed avoiding large crowds, poorly ventilated buildings or traveling on public transportation.

- **Groceries and toiletries** – Keep enough on hand to last “a prolonged period of time.” There’s no timeline for COVID-19 outbreak, so think basic.

- **Stock up on medication ahead of time**, isn't always plausible, CDC suggests mail ordering medications.

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On the Cover:

Shirley Chisholm Circle, located in Brower Park on Kingston Avenue and Prospect Place, is a paved circular terrace named for the pioneering congresswoman from Crown Heights. A commemorative stone with a plaque sits on the west side of the terrace alongside a tree planted in Chisholm's honor. The public space was dedicated in her honor in 2016.

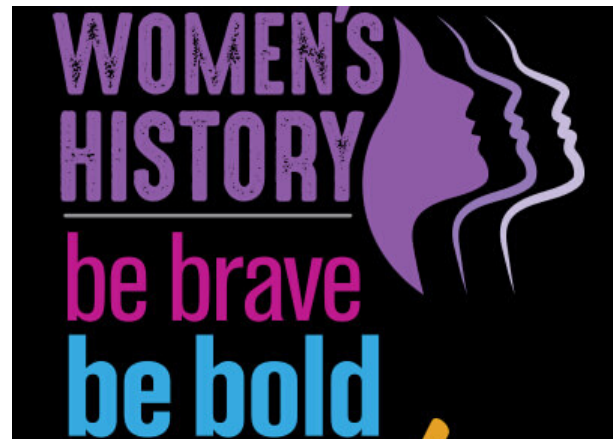
Inside:

Our celebration of Women's History Month with coverage of three forward-thinking women, firsts in their fields, who broke the glass ceiling in ways that were unimaginable for their times.

They are pictured right:

- Mrs. Ida B. Wells-Barnett
- Mrs. Shirley A. Chisholm
- Mrs. Michelle Obama

Also, there is lots of coverage on how to deal with the impact of the Coronavirus/COVID19 on our society and tips for "Sheltering in Place" and of course ways to stay healthy, keep active and connected!



WOMEN'S HISTORY MONTH

Notes on Inspiring Women

On this page, the Editorial Team and an age friendly ambassador took a moment to pause and pay tribute to the special women in our lives who have inspired us with their wit, wisdom and grit. May they forever live in our memories as examples of how to live well, do well and age well. Ashe!



Sheila Cox

I salute my mother *Alberta Cox* for always getting things done quietly.



Lorraine Gamble-Lofton

My mom *Linda Icilda Munroe*, will always be my Shero. She loved and respected me but more than anything else: She trusted me. If I said "let's" She says "go". We loved each other for real!



Selma Jackson

I live by the famous words of my grandmother *Hester Jenkins*, who would often say, "Sometimes we have to eat what we don't like!"



Donna Williams

I pay tribute to my mother *Ella Louise Dula Williams*, who was loving, caring, intuitive, steady, kind, and oh so funny!



Stefani Zinerman

My mother *Portland Zinerman* has true GRITS like most (Girls Raised It The South). She is Gorgeous, Resourceful, Inspiring, Tenacious and oh so Sassy!



Sylvia Cheeks

I'm blessed to still have my 92 years young mom *Ms. Susan O'Garro* with us.

SHIRLEY CHISHOLM: A Woman of Firsts

BY LORRAINE GAMBLE-LOFTON

In 2019, United States Senator from California Kamala Harris made a valiant effort to become the Democratic candidate for the Presidency of the United States and ultimately to defeat Donald Trump this November. Many women, black and white, supported her run for president.

With her candidacy, Harris stood on the shoulders of past and present women, including the late Shirley Chisholm, who, in 1968, became the first African-American woman elected to Congress, 12th CD and in 1972 the first woman to seek the nomination for president from one of the two major political parties.

Shirley Anita St. Hill Chisholm was born on Sunday, November 30, 1924, in Brooklyn, New York. She attended Girls High, which is “in the District”. She was a graduate of Brooklyn College and went on to receive her graduate degree in early childhood education from Teachers College at Columbia University.



In July 1971, Congresswoman Chisholm decided to run for the presidency. She announced her bid for office on January 27, 1972, at The Concord Baptist Church, a prominent church “in the District.”

As providence would have it, that was the year I turned 18 and the legal age to vote was lowered to 18 from 21.

It was an exciting time for those of us who were 18 and wanted to vote. I was fortunate to volunteer at the Democratic Club, which was located on Stuyvesant, right around the corner from my home on Putnam Avenue.

Of her legacy, Chisholm said, “I want to be remembered as a woman ... who dared to be a catalyst of change.” She was, as the title of her autobiography exclaims, *Unbought and Unbossed*.

A CRUSADER FOR JUSTICE:

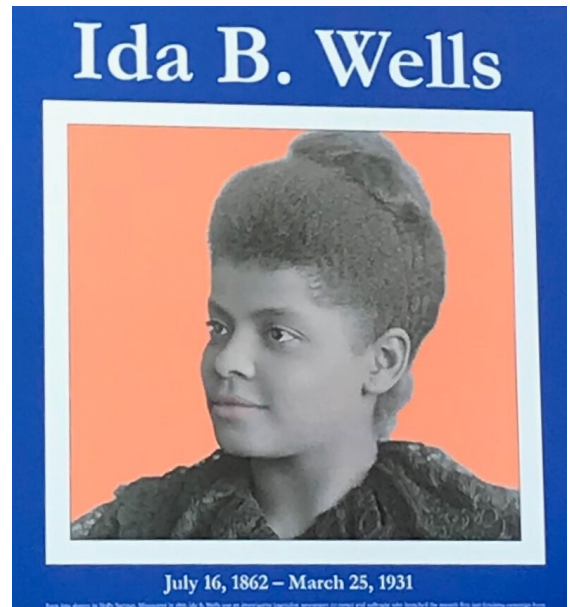
BY STEFANI L. ZINERMAN

On a cold, windy but sunny day, Brooklyn came out to pay tribute to the Queen. One by one, in pairs and as a part of whole families they stood huddled together combating the downtown Brooklyn wind to witness the street co-naming ceremony and plaque unveiling of one of America's foremost racial justice activists, Mrs. Ida Bell Wells-Barnett.



After a jammed packed ceremony featuring elected officials and luminaries, we watched the uncovering of the street sign on the corner of Gold Street and Myrtle Avenue and the bright blue and orange plaque prominently displayed on the mammoth stone pillar belonging to Chase Bank at Metro-Tech.

Ms. Ida's biography and contributions to the world of journalism and the twin causes of racial justice and suffrage were expounded upon by Council Member Stephen Levin; Nikole Hannah-Jones,



staff writer for The New York Times; Dr. Paula Giddings, historian and author of *Ida: A Sword Among Lions*; Jacob Morris, Harlem Historical Society; Ms. Ida's great-grandson Benjamin Duster IV; L. Joy Williams, president, Brooklyn NAACP and me, representing State Senator Velmanette Montgomery, for the assignment of a lifetime!



Pictured from l to r: Nikole Hannah-Jones, Ida's descendents: 3 great, great-grand children, their mother and father Benjamin Duster IV, Paula Giddings and Jacob Morris.

MRS. IDA B. WELLS-BARNETT

Everyone who knows me knows that I love, respect and revere Ida B. Wells. She put the “B” in Black Woman, Boss Lady and Bodacious Badass. People know that she was born into slavery in Holly Springs, Mississippi in 1862, and lived, taught and owned businesses in Memphis and Chicago where she later died (March 25, 1931) but many didn't know she also lived in Brooklyn!

In 1892, while on a trip to New York, Ms. Ida's Memphis office was destroyed because she dared to tell the truth about why mobs of white people were actually lynching and dismembering Black men and women. She had started documenting names, stories and actual statistics lynchings after three of her male friends who owned a grocery store were murdered. With numerous threats to her life, she was advised to stay in New York and that is when Brooklyn became her sanctuary.

Ms. Ida was embraced by groups of forward thinking women like Susan McKinney Smith of Weeksville, who encouraged her and raised money so she could continue her anti-lynching campaign.



This moment marked the beginning of the women's club movement and she would go on to found the Woman's Loyal Union, National Association of Colored Women, Alpha Suffrage Club in Chicago and of course the National Association for the Advancement of Colored People (NAACP), which consider her too radical!

Ms. Ida is my forever hero because she spoke truth to power in a time when she could have been lynched. She left the NAACP because they didn't act strongly enough on local issues. She also managed to put Susan B. Anthony and other white suffragettes in their place during the famed march in Washington, DC on March 3, 1913. By this time, Ms. Ida had become a staunch civil rights activist, a voice to be reckoned within the Suffrage movement.

When Susan B. Anthony and Alice Paul told her the Black women had to march in the back of the parade and not with their state delegations, she threatened to boycott.

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Our Black Queen

A WOMEN'S HISTORY MONTH TRIBUTE

BY GLENDA PATTERSON

She was the first Black woman I looked up to as a Queen and I got to know in my lifetime. She's held the positions of wife, mother, lawyer, city administrator loving daughter as well as an author. She has grace and class. She is smart, intelligent and very humble. This Women's History month, I pay tribute to the Black Queen of the 21st century: Michelle Obama!



She is...

Africa Natural
Beautiful Outstanding
Compassionate Proud
Daring Quality
Elegant Resilient
Fearless Sexy
Grounded Tenacious
Hypnotic Unique
Intelligent Virtuous
Joyful Wise
Kind Xenodochial
Lovely Youthful
Majestic Zealous

"All Black women are Queens, if there is no one to treat you like a Queen, you treat yourself like a Queen."

--Glenda Patterson

OUR QUEEN

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Michelle LaVaughn Robinson Obama is the first African American First Lady of the United States of America (2009 to 2017). Raised on the South Side of Chicago, IL, is a product of Chicago public schools, and a graduate of Princeton University and Harvard Law School. After Harvard, she joined the Chicago law firm Sidley Austin where she met Barack Obama.

She subsequently worked at various non-profits and at the University of Chicago as the Associate Dean of Student Services and at the University of Chicago Medical Center as Vice President for Community and External Affairs.

As First Lady, Michelle served as a role model for women and especially for young girls. She advocated for military families, poverty awareness, education, nutrition, physical activity, and healthy eating.



In addition, she supported American designers and was considered a fashion icon. To learn more about Our Black Queen, check out the two books she has written: *American Grown: The Story of the White House Kitchen Gardens and Gardens Across America*, that promotes healthy eating; and her memoir and latest book, *Becoming*. Michelle is fierce and fabulous and will go down in history forever. We honor Michelle Obama.

IDA B, CRUSADER

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In her bodacious style, she showed up in Washington with her club members and 22 members of Delta Sigma Theta sorority. At the very moment the Illinois state delegation appeared, Ms. Ida hopped the barricade, with her squad in tow and marched from a position of power!

Next month on Tuesday, April 28, 2020, when I cast my vote in the presidential primary, I will travel downtown and take a selfie with Ms. Ida, proudly displaying my "I Voted" sticker. Here's to you Ms. Ida; here's to you!

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, tumeric 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!

***"If they don't give you
a seat at the table,
bring a folding chair."***



SHIRLEY ANITA ST. HILL CHISHOLM
November 30, 1924 - January 1, 2005

SHELTERING-IN-PLACE

Take a breath.

Breathing and thoughts are connected. Mindfully directing the breath can trigger the brain to reduce the number of anxious thoughts and restore wellness in minutes.

Remain informed, if possible,

by checking in with local news sources. But don't become overexposed to the media. Excessive or repeated exposure can increase feelings of stress, uncertainty and fear.

Pay attention to your emotional health.

Remembering different feelings are common. Others are also experiencing emotional reactions. Try to recognize when you or those around you may need extra support.

Monitor your physical health needs.

Eat healthy, keep moving/exercise, get enough sleep, and take regularly prescribed medications. Focus on positive actions you can take right away, such as taking an inventory of emergency supplies, obtaining accurate information, and providing support to others.

Maintain contact with family, friends and those around you.

Your phone and the Internet can be helpful when physical separation is necessary. Avoid alcohol or substance use.

Hold a picture in your mind of the best possible outcome. Make a list of your strengths and use them to help yourself and others stay emotionally strong.



Consider keeping a journal where you write down things you are thankful for or what is going well or how you are feeling.

Do activities you enjoy. Read, listen to or play music, dance, knit/crochet, paint, watch movies, play games, you decide! Try to keep yourself engaged!

Maintain religious and/or spiritual practices that you have found to provide comfort and emotional strength. Try meditation!

Remember to P.A.U.S.E. ! As per our Governor Andrew Cuomo, we all need to follow Policies that Assure Uniform Safety for Everyone!



*Info on coping with sheltering in place from American Red Cross, "Be Red Cross Ready" and SAMHSA (Substance Abuse and Mental Health Services Administration)