

age friendly

BEDFORD-STUYVESANT
& CROWN HEIGHTS

THIRD CHAPTER LIVING



Magnolia Tree Earth Center
Bedford Stuyvesant, Brooklyn
Photo Credit: BK READER

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NEIGHBORHOOD INITIATIVE

HATTIE CARTHAN: *A Love Story*

COVER STORY
BY SELMA JACKSON

May 16 is National Love A Tree Day!

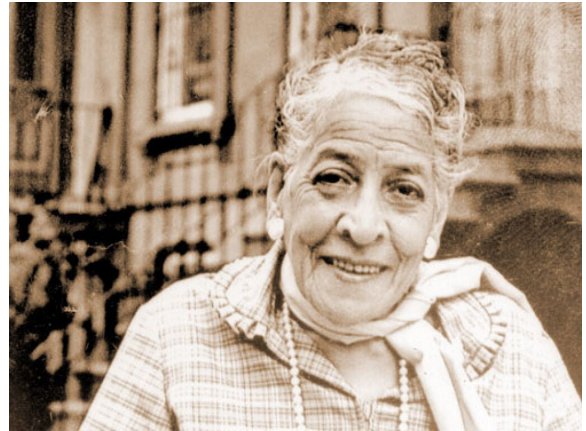
It's a day when we are asked to honor the trees in our community by watering, decorating, and hugging them. We can also plant a tree!

This month we're celebrating Hattie Carthan, who loved a tree so much she started a movement to preserve it at the spirited age of 64!

Hattie Carthan moved to Vernon Ave between Tompkins & Throop in 1953. By 1964 the deterioration on the block had reduced the trees to just three. She reached out to her neighbors and encouraged them to form a block association. They raised money to buy and plant trees. New York City complimented their efforts with additional trees through the city's matching tree program.

By 1966, Carthan created the Bedford Stuyvesant Beautification Committee, which she chaired. The Committee had over 100 block associations as members working to beautify their blocks.

As chair of the beautification committee, Hattie Carthan recognized they could make a difference.



Thus in 1968 when a 40 ft Magnolia grandiflora tree (rare to exist this far North) was threatened to be destroyed to build an apartment complex, Ms Carthan began protests to save the tree. She had a protective wall built around the Magnolia. She then submitted a request to the Landmarks Committee to grant the Magnolia grandiflora living landmark status. It was approved!

Hattie Carthan continued to make her mark and leave a legacy. In 1971 the Beautification committee received a NYC grant to teach community youth how to care for trees and in the process created the Neighborhood Tree Corps, a summer youth employment program of caring for and planting trees. We still have the Magnolia – a photo of the tree is featured on our cover – as well as a community garden and mural to celebrate the Legacy of Hattie Carthan...a true inspiration!

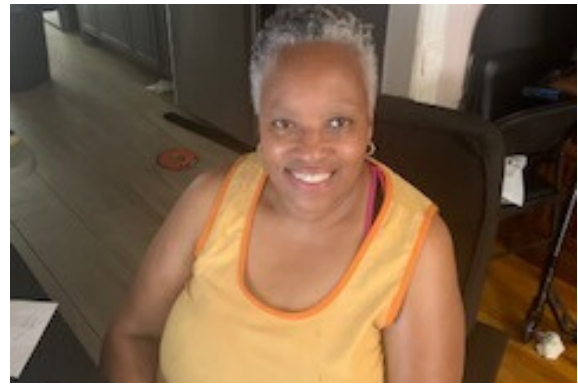
Author's Footnote:

In 1976, I was honored to write a letter in remembrance of HATTIE CARTHAN as a member of the Chemical Bank Street Banker Team that approved a community grant for Magnolia Earth Tree Center.



MAKE YOUR MARK: MAY 2020

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2020 is "Make Your Mark." This theme was selected to encourage and celebrate countless contributions that older adults make to our communities.



Their time, experience, and talents benefit family, peers, and neighbors every day. For our May issue, we invited our neighbor and friend Marlienne Christian to respond.

WHAT BEING AN OLDER AMERICAN MEANS TO ME

BY MARLIENNE CHRISTIAN

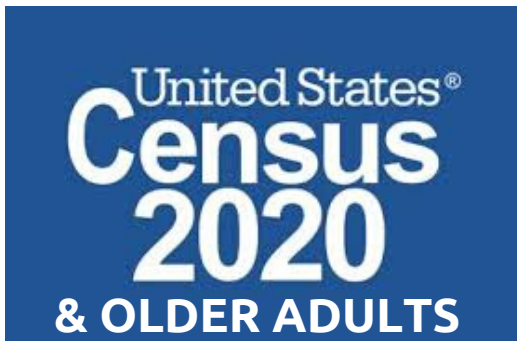
Being an American age 65 and older in 2020 in one aspect means I am one of 49.2 million persons (15.2%) of a growing population; have a life expectancy of 85 years or 83 years if male; as an African- American woman, I am 9% of this age group; have a median income of \$18,380, or if male \$31,618; have my major source of income as Social Security; may be part of the 9% living below the poverty level; part of the 46% of women married; if over 75, part of the 45% living alone, and as I age increasingly require caregiver services.

Being older also has an aspect that asks, "Is my living in vain?" Described by psychologist Erik Erikson as *Ego Integrity versus Despair*, it considers the sum total of lived experiences, adventures, risks, explorations, and decisions made thus far.

It evaluates if life has been unproductive, disappointing, guilt-ridden or if goals have been accomplished, self-acceptance met and an end product of wisdom is present that leads to a positive sense of self, self-actualization and legacy building.

For me, being an older adult means:

- Being free to try new things
- To challenge my stamina with diverse exercise
- To experiment with herbs and spices outside of my norm when cooking,
- To peer into the thinking, behaviors and actions of my children and grandchildren through lighthearted and poignant conversation, and
- To reflect on the palliative and end of life choices available to me, make this time a treasured gift.



Baby boomers have changed the face of the U.S. population for more than 70 years and continue to do so as more enter their senior years, a demographic shift often referred to as a “gray tsunami.”

The 2020 Census will provide the most up-to-date count of the baby boom generation, now estimated at about 73 million.

Knowing about the number of people age 65 and older is important for tribal, local, state and federal lawmakers. They will use 2020 Census statistics to help decide how to spend billions of dollars annually in federal funds on critical public services for the next 10 years.

Everyone uses roads, hospitals and emergency services but some state and federal programs target specifically older populations – such as money for senior citizen centers, job-training programs, and Medicare Part B health insurance.

“The census is really important to us in the aging community,” said John Haaga, of the National Institute on Aging in Washington, D.C.

“It’s our only way to figure out how things are different across the country, what areas are aging faster, where elderly disabled people live, or where older people are concentrated.

Baby Boomers are now the second-largest age group after their children, the millennials, born from 1982 to 2000. For the first time in U.S. history by 2034, Older adults are projected to outnumber children under age 18.

By using Census Bureau statistics, analysts and community planners can get a refined picture of where older Americans live and how close they are to the services they need. That helps lawmakers or business people decide where to open health clinics or senior citizen centers, among other services.

Lawmakers and planners use census statistics to help decide how to spend on programs that help improve the quality of life for all people age 65 and older.

In 2015, Medicaid received \$312 billion, the Supplemental Nutrition Assistance Program (SNAP) spent \$71 billion and Medicare Part B received \$70.3 billion. These programs are just a few of the reasons why it is important for older adults to respond to the 2020 Census.

You can complete the Census online at [my2020Census.gov](https://my2020census.gov), by phone at (844) 330-2020 or by mail.

To avoid a Census taker from coming to your home during COVID-19, please complete your Census survey by July 31st.



MOTHER'S DAY IN STYLE

Elevenses Virtual Tea Party & Tablescape Contest

BY STEFANI L. ZINERMAN



On Saturday, May 9, 2020, the Age Friendly Ambassadors hosted a Virtual Elevenses Pre-Mother's Day Tea Party featuring an elegant late morning meal Tablescape Contest.

Participants dressed up, set up their finest table, and brewed their favorite tea and paired it with something light, savory and sweet for a chance to win one of three prizes.

Our theme "Ode to Our Mothers" inspired them to pay tribute to their grandmothers, Nanas, favorite "Aunties" and Mentors, etc.

All of the participants and contestants were fabulous but only four lucky ladies bought home prizes!



First Place Tie

Ms. Sheila Cox & Ms. Selma Jackson

Prize: Hat, Gloves, Tea Set & Brooklyn Tea



Second Place

Ms. Donna Williams

Prize: Tea Set & Brooklyn Tea



Third Place

Ms. Carol Harris

Prize: Specialty Teas from Brooklyn Tea



HIGH BLOOD PRESSURE AND COVID-19

BY SELMA JACKSON

COVID-19 is still an unknown on many levels. However, we are aware of the symptoms and pre-existing conditions that make individuals more at risk. These were determined from evaluating the deaths in Wuhan, China. Overall mortality was 2%, but with preexisting conditions it was 6%.

We are going to focus on one pre-existing condition: **HIGH BLOOD PRESSURE**. This chronic disease is very prevalent in communities of color. What can we do?

Whenever you have an illness or disease:

- Seek medical advice and if medication is prescribed: get it and TAKE IT consistently.
- If not already owned, purchase an arm pressure monitor and record your pressure every morning and evening on your phone.
- There are new blood pressure guidelines if you are over 60. Your goal is to keep your blood pressure at 150/90 or lower. If you have kidney disease or diabetes, your target used to be 130/80 or lower; now it's 140/90 or lower.
- Take necessary precautions to avoid contracting COVID-19 by wearing a mask if you are in public, washing your hands frequently, and social distancing.



- Check with your doctor to see if your medication is still appropriate.
- What you can do proactively: monitor the sodium content in your food, read labels of prepared foods, as well as the meals that are now being delivered. Consider adding more vegetables to your diet and accepting change in what you can and cannot eat.
- **SNACKS**, we love our snacks, but if the sodium content is more than 5%, leave it in the store! I'm talking about Doritos, Cheezits, potato chips, nuts and popcorn. Buy no salt or low sodium versions!
- Listen to the CDC or NY governor on any changes related to COVID 19.

I share these proactive steps from personal experience. Stay safe and choose to be healthy.

LUPUS & THE IMPACT ON SENIOR CITIZENS

BY LORRAINE GAMBLE-LOFTON

Amongst a myriad of other important things happening this month, May is also National Lupus Awareness Month. Lupus is one of several autoimmune diseases. To break it down better, it is an inflammatory disease that is caused when the immune system attacks its own tissue.

Lupus usually affects women between the ages of 35-44 but it is not limited to that group. It also affects men and women younger and older. Lupus is a lifetime illness and as you would suspect, becomes increasingly more difficult to manage as a person ages.

Also, as you might imagine, like all other comorbidities (simultaneous presence of two chronic diseases or conditions in a person) including PAD (peripheral artery disease); CAD (coronary artery disease); asthma, diabetes, and heart disease, having Lupus makes one more susceptible to that dastardly COVID-19.

Let's look at how Lupus impacts the aging process and vice versa. Physiological damage often does increase over time. It presents most particularly in the joints and with chronic pain. The fatigue which is extreme and doesn't go away with rest is depressing and can also be psychologically damaging.

However, there is a silver lining in that as a person ages, the degree of inflammation and autoimmune response present typically declines and may even create a reduction in medication. Seniors are less likely to develop Lupus Nephritis that affects the kidneys which tends to worsen as you age.

Living with Lupus and feeling as good as you can is about more than just taking your meds. A senior with Lupus, like anyone else, will fare best, by maintaining a healthy diet and an exercise routine.



If you or anyone you know has Lupus, information on how Lupus can be impacted by COVID-19 is available at WWW.Lupus.org.





BY SHEILA COX

The month of May, since 1992, is recognized as Asian and Pacific Islander Heritage Month. A definition from Henry Ford Health System states that an Asian-Pacific American is a U.S. citizen whose origins are from Japan, China, Taiwan, Korea, Vietnam, Laos, Cambodia, the Philippines, Samoa, Fiji, Guam, the U.S. Trust Territories of the Pacific or the Northern Marianas.

The month of May was chosen because of two significant occurrences. The first being the emigration of the first Japanese Americans on May 7, 1843. While the second was the recognition of the Chinese immigrants, who contributed to the Transcontinental Railroad, completed on May 10, 1869.

According to the Asian Pacific American Labor Alliance (APALA), over two million Asian American and Pacific Islanders work in healthcare, transportation, and service industries.

Since the outbreak of COVID-19, these workers are facing xenophobic and racial discrimination in the workplace.



When it comes to New York City, the Asian and Pacific Islander communities reside mostly in southern Brooklyn. However, 3% of the population of Bedford-Stuyvesant and 2% of the population of Crown Heights consists of Asian-Pacific Islanders. The Asian and Pacific Islander communities have contributed a lot in the building of America. We should all remember and celebrate this fact.

Celebrating

BY GLENDA PATTERSON

NATIONAL RECOMMITMENT MONTH



Recommitment is a choice to recommit to something you've already committed to. Plain and simple it is a do-over! You get to look at a prior commitment and reevaluate. For example, oftentimes, we recommitment to a New Year's resolution we've made such as, I'm going to exercise more; I'm going to travel; or I'm going to work on my relationship. Whatever needs to be recommitted to – or not – is all up to you. Here are a few things to think about as you recommitment:

- Write down your goals. In order to recommit to them, you should first reexamine your goals. Start by writing down what you want to achieve. When you write down your goals, be specific.

- Be realistic. After writing out your goals, you may find that you failed to achieve your original objectives because they were unrealistic. A realistic goal is obtainable and within your capability.
- Address one goal at a time. Tackling too many goals at one time may have derailed your commitment to your objectives. You may have felt overwhelmed by the number of things that you were trying to commit to and, instead of solving one of them, you quit on all of them. Instead, pick one goal that you want to achieve the most and focus on that.
- Set short-term and long-term goals. These short-term goals should be smaller objectives that gradually push you towards achieving your long-term goal.

As you recommit your goals, set some short-term benchmarks that build towards your long-term goal.

Recommitment is about making your mark in life any way you feel fit.

"Commitment is the glue that bonds you to your goals."
Anonymous

READY TO BBQ?



May is National Barbecue Month and May 25 is Memorial Day, the unofficial start of summer and barbecue season. As we adjust to the new normal of sheltering in, we thought you might enjoy a light hearted look at barbecue from its history to healthy recipes for grilling.

HEALTHY GRILLING



To help us eat well and stay healthy, Sheila Cox did some research on healthy grilling. With so much to choose from, we opted to provide a link from [CookingLight.com](https://www.cookinglight.com) which offers 50+ quick and easy grill recipes. Check it out:
<https://www.cookinglight.com/food/quick-healthy/quick-easy-grill-recipes>.

Fun Facts

About Barbecuing and Grilling!

BY GLENDA PATTERSON

The word "barbecue" or BBQ for short has a complicated past. The most common one says it stems from "barbacoa," which is a West Indian term for "slow cooking over hot coals." The least common says it comes from a bar, beer, and billiards restaurant called the "BAR-BEER-CUE-PIG."

Barbecue is a point of pride for cities all across America including Memphis, TN and Kansas City, MO. Both claim to be the Barbecue Capital of America, but Lexington, NC has them both beat exclaiming to be the "Barbecue Capital of the World!"

Barbecues are a long-standing presidential tradition. Lyndon B. Johnson threw the first White House barbecue to feature "Texas-style" ribs, and Jimmy Carter hosted a "pig-picking" for 500 people.



LIVING & COPING WITH CHRONIC DISEASE

BY DONNA WILLIAMS

What is a chronic disease? The CDC (Center for Disease Control and Prevention) broadly defines it “as conditions that last one year or more and require ongoing medical attention or limit activities of daily living or both.”

Having a chronic disease can be scary, lonely and depressing, but whether you have arthritis, cancer, diabetes, HIV, heart disease, high-blood pressure, Lupus, Parkinson or any other disease, there are steps you can take to help you cope.

1. Focus on changing what you can, doable lifestyle changes (e.g., diet/avoiding certain foods, move/exercise, regular visits to your doctor, manage activity levels);
2. Accept what you can't change (e.g., giving up a favorite activity, learn to adjust expectations, honor your limitations);
3. Practice mindfulness (e.g., defined as a mental state achieved by focusing your awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations; distinguish your illness from yourself);



4. Challenge negative self-talk (e.g., what you say to yourself about your illness impacts your emotional health);
5. Get into a consistent morning routine. What could help you get up every day? (e.g., if you are able, start by making up your bed in the morning);
6. Be willing to ask for and accept help when you are in need (e.g., if you don't have a go-to person in our life, find a support group specific to your disease).

I have arthritis* and suffer from debilitating upper back pain which, when the pain hits, makes it difficult for me to breath and move. I employ these coping strategies. I hope they prove to be useful for you too.

May is also

ARTHRITIS
A W A R E N E S S

  
M O N T H



Spring is
in the air!



MAY 2020



Akwaaba Bed and Breakfast Inns
Bedford Stuyvesant, Brooklyn
Photo Credit: Monique Greenwood, CEO
& Age Friendly Advisory Member

age
friendly
BEDFORD-STUYVESANT
& CROWN HEIGHTS