

THIRD CHAPTER LIVING



Photo Credit Sheila Cox

BEING GRATEFUL HAPPY THANKSGIVING
ISSUE 13 | NOVEMBER 2021

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

EDITOR IN CHIEF

Donna Williams

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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



IN THIS ISSUE...

Greetings Age Friendly Community,

This November, we give thanks for the numerous blessings bestowed upon us. Last year, due to COVID19, many of us didn't get to have that "special" Thanksgiving dinner.

However, this year, folks are traveling and gathering in person with family and friends to celebrate the upcoming Thanksgiving Holiday. On our cover we share a photo from a 2019 Age Friendly event where we broke bread together.

Heartfelt stories about family gatherings and relationships are shared by guest writers **Salina Coleman** and **Matilda Lloyd**, students in Selma Jackson's creative writing class. We offer a snapshot of **Active Aging Week** through a collage of photographs.

Sharon Lyons offers up a poem, *Epilepsy in a Child*, as we observe National Epilepsy Awareness Month; for Military Family Month guest writer **Tiffany S. Keys** writes about her life as a Reservist; and for Banana Pudding Lovers Month, we meet **Rome Neal's Banana Puddin' Jazz Quartet**.

Also, we note the passing of **Colin Powell** and give a nod to **Colin Kaepernick** on our affirmation page.

Continue to stay safe.

Donna Williams
Editor in Chief
THIRD CHAPTER LIVING

A SNAPSHOT OF ACTIVE AGING WEEK

BY DONNA WILLIAMS



For ACTIVE AGING WEEK, Age Friendly Central Brooklyn and Myrtle Avenue Brooklyn Partnership, hosted three outdoor events.

On Wednesday, October 6 the 3rd Annual Wellness Walk at Herbert Von King Park followed by a surprise visit to the Hattie Carthan Community Garden; and on Friday, October 8 Active Aging Activities at Myrtle Avenue Plaza with Hula Hoop instruction, blood pressure screening, and music by Rome Neal's Banana Puddin' Jazz Quartet.

Enjoy the photos below taken by our photographer Sheila Cox and guest photographer Velvet Hall. Did we have fun or what!



A SNAPSHOT OF ACTIVE AGING WEEK





BANANA PUDDIN' & JAZZ

BY SELMA JACKSON

I love jazz! So arriving for our Friday Active Aging Week event at Myrtle Avenue Plaza to find out there was a stage presenting Rome Neal's Banana Puddin' Jazz Quartet, made my day! It was a beautiful afternoon and to listen to jazz standards while spending time with friends just made the afternoon that much more enjoyable. For those who love banana pudding, servings were available adding another new touch to Active Aging Week. The quartet entertained us the entire afternoon. It was a big hit and we're already looking to hear from them again!

Check out their Facebook page Rome Neal's Banana Puddin' Jazz Quartet or visit the Nuyorican.org.



Photo Credit: Velvet Hall



Photo Credit: Shelia Cox

November is Banana Pudding Lovers Month



November



November is the 11th month in the Julian and Gregorian calendar and the last month of the fall season. It is the fourth and last of four months to have 30 days.

November comes from Novem, the Latin word for nine. The old Roman calendar started in March, making November the ninth month. When the Roman senate changed the calendar in 153 BCE, the new year started in January, and November became the 11th month.

Elections are held in the United States on the Tuesday after the first Monday in November. This year 2021, Election Day is Tuesday, November 2.

A Happy Birthday Shoutout to these Ladies:



NOVEMBER 6 - MARTHA WORKS
NOVEMBER 24 - BEVERLY REID
NOVEMBER 27 - DENISE DRAYTON
NOVEMBER 29 - DONNA WILLIAMS



Quick Facts about November:

Birthstones:

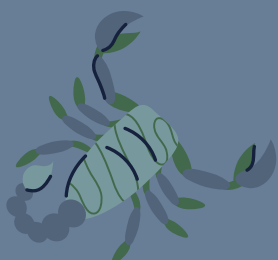
Topaz and Citrine

Birth flower: Chrysanthemum

Zodiac Signs

Scorpio (Scorpion) October 23 - November 21

Sagittarius (Archer) November 22 - December 21

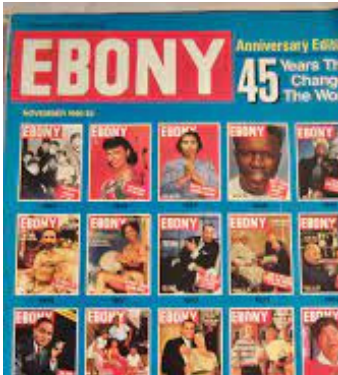


NOVEMBER EVENTS IN AFRICAN AMERICAN HISTORY *



November 1, 1777 The African Free School of New York was opened.

November 7, 1989 David Dinkins was elected mayor of New York, and L. Douglas Wilder, governor of Virginia.



November 1, 1990 Ebony celebrated its 45th anniversary.

November 3, 1992 Carol Moseley Braun of Illinois was the first Black woman ever elected to the United States Senate.



November 8, 1995 Former Chairman of the Joint Chiefs of Staff, Colin Powell ends months of speculation by announcing that he will not run for the U.S. presidency in 1996.

*Info compiled from:
<https://www.fs.fed.us>
Timeline of Events in African American History

Note: Colin Powell died on October 18, 2021 due to complications from COVID 19 as he also battled cancer.

Colin Powell was an American statesman, diplomat, and four-star general who served as the 65th United States secretary of state from 2001 to 2005. He was the first African-American secretary of state. He served as the 16th United States national security advisor from 1987 to 1989 and as the 12th chairman of the Joint Chiefs of Staff from 1989 to 1993.

FAMILY WHERE LIFE BEGINS AND LOVE NEVER ENDS

BY SALINA COLEMAN

Growing up in a large family has so many advantages, especially during the holidays. It's so cool being surrounded in an environment that is filled with warmth, joy, laughter and unconditional love.

When I sit at the table and observe how my family interacts with one another and embraces each other, I start to get emotional inside because I feel so blessed to be a part of a family that thrives on unity, loyalty and togetherness!

Unfortunately, most people aren't as fortunate to experience the beauty of F.A.M.I.L.Y but for me; I wouldn't change this experience for anything in the world! My F.A.M.I.L.Y means everything to me and I hope and pray, your family means the world to you too!



Salina Coleman is a student at the creative writing class at Tompkins Park Senior Center taught by Selma Jackson.

Selma Jackson has been facilitating a creative writing class at Tompkins Park Senior Center for five years. She says facilitating and not teaching because we all have stories to tell and during this class she encourages participants to write their stories.

If you are interested in joining the class please contact Tompkins Park Senior Center at 718-638-3000.

MY LIFE AS A RESERVIST

BY TIFFANY S. KEYS

My life in the Army began with several conversations with family, friends, and recruiters in the various branches of the military. I decided to enlist for the Army Reserve 12 years ago after working and taking college classes with a focus on my future career path. Basic training was 10 weeks in Fort Sill in Lawton, Oklahoma which is still very active for the Army and Marine artillery divisions of the military.

I'm a wife and mother of five children ranging in ages from 16 to three and with the help of families, friends and husband; I can fulfill my obligations of once a month weekend drills and an entire month of drill away from home. Also there may be training at any moment when necessary.



Tiffany S. Keys, U.S. Army Reservist

This time in the Army has had its positive moments which have included traveling to various locations, meeting a lot of people, and employing organizational skills used in my home life. Some negatives have been out dated rules. For example, height and weight requirements or not receiving some assignments because you are not deployed or serving in active duty. Also being a woman of color I'm more than aware of the racist and sexist issues that still exist in the military as in all walks of life that need to be dealt with now!

I have been asked by many family members and friends how long do I plan to remain a reservist the answer is I don't know. But I do know that every time I put on my uniform and asked to perform my duty I do it with pride, paying homage to all the women and men that have come before me and those who will come after me (including my own family and friends). Also a Thank-you to all that have supported all of us RESERVISTS!

November is Military Family Month.

Tiffany S. Keys is the granddaughter of Sheila Cox, THIRD CHAPTER LIVING editorial board member.



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 NOVEMBER, WE HAVE TWO POEMS FROM SHARON LYONS.

EPILEPSY IN A CHILD

For a child it must feel like a monster
that's inside that is asleep most of the
time.

But when he begins to shake the monster
appears to be awake.

A child does not understand why he has
no control of his arms or legs. He only
thinks that the monster inside comes out
to play.

He says to his father "Daddy I don't want
the monster to come out and play can
you put the monster in time out and never
let him out? I don't like the way the
monster likes to play"

Struggling for words the father says "I
don't like the way the monster plays
either son. The doctor and I along with
prayers will find a way so that the
monster will stop and never come out to
play."

About this poem: I worked with a father
who had a 7-year-old child that had
epilepsy, and it's an Awful experience for
a father and a child. A parent must use
simply words so that the child
understands.

Sharon Lyons written October 1, 2021

AUTUMN LEAVES

Autumn is my best time of the year, with its
spectacular displays of foliage, turning all
those lovely colors and harvest celebrations.

Yet my eyes are frost, reduced to tears,
remembering and missing those loved ones I
lost.

When those autumn leaves began to fall.

As I watch those, gold, orange, red and yellow
leaves drift pass my windows. They all come
back to me, and I see their faces, the smiles
that they shared. I feel my mother's hands that
I use to hold.

When those autumn leaves began to fall

It's been a long time since they have been
gone. But it feels just like yesterday, and I hear
their voices, and all those old winter songs.

When those autumn leaves began to fall.

About this poem: Which is dedicated to my
beloved family members and friends who
confronted the ultimate task

Sharon Lyons written September 22, 2021



ACCOLADES TO MY MOMMY

BY MATILDA LLOYD

Retrospective post- mortem accolades to my mommy. Two of the most sorrowful words in the English language is "if only." I wished I had told you how much I loved and appreciated you before you fell asleep in that permanent rest.



Momma, I would classify our relationship as an oxymoron, Love/hate relationship. A love hate relationship because I couldn't for the life of me understand why you were so much harder on me than any of my other siblings.

You made me responsible for them obeying your strict rules and regulations, yet you didn't give me any authoritative power to enforce those orders. Nevertheless, I got punished for their misbehavior. I wasn't allowed to question your rules.

So when I got punished with the rod of correction and my face showed my displeasure, you would come up behind me and give a backhanded slap in my mouth. That was worse than a thousand whippings because it made me feel soooo worthless and soooo humiliated.

I never could have ever expressed myself like this while you were alive. I hated you for those slaps in the mouth, but I loved and respected you so much more and I never ever wanted to hurt your feelings.

Mommy, it's only since I had the responsible of raising my own children that I understood how difficult it was for you. Mommy, it's only now.

Since I'm an old great grandma that I wish I had told you how much I appreciated your discipline, correction, and direction. To this very day I won't even consider doing certain things, because I'm afraid you will show up. I can still hear you say, et et, or see you in my spirit and give me that look that says, shut up. Your discipline, your correction, and your directions are still working in me.

Mommy, you had mastered the art of being a strict disciplinarian. For that reason, i continue to live by those rules of conduct.
Rest in peace, mommy. Job well done!!

Matilda Lloyd is a student at the creative writing class at Tompkins Park Senior Center taught by Selma Jackson.



The Age Friendly Central Brooklyn, Inc.

Culture Corner



This month our Culture Corner page, inspired by THIRD CHAPTER LIVING Editorial Board members Sheila Cox and Selma Jackson, spotlights dance and theater

Culture Corner joins our Poetry Corner which first appeared in our August 2021 issue. Each month, we will feature noteworthy culturally events.

DANCE

Alvin Ailey American Dance
Theater

December 1-19, 2021

New York City Center

Main stage. Tickets start at
\$29

Theater and Box Office

131 W 55th St (between Sixth and Seventh
Avenues)

New York, NY 10019

Box Office & Customer Care

Hours: Mon-Sat Noon-8pm, Sun Noon-
7:30pm

For questions and information,
email info@NYCityCenter.org

To purchase tickets by phone, call 212-581-
1212



THEATER

Thoughts of a Colored Man

The John Golden Theatre

By Keenan Scott II

Directed by

Steve H. Broadnax III

Tickets

By Phone:

Call Telecharge.com

212-239-6200

In-person

Visit the Box Office at the

John Golden Theatre at

252 West 45th Street

New York, NY 10036

IN MEMORIAM

Ronnie Wilson

A co-founding member of the Gap Band. R&B hits
include: 'You Dropped a Bomb on Me' 'Oops, Upside
Your Head' 'Outstanding' and more.

Born: April 7, 1948, Tulsa, OK

Died: November 2, 2021

Colin Kaepernick

BIRTHDATE: NOVEMBER 3



An NFL quarterback who's taking a knee during the playing of the Star Spangled Banner became international news. If you want to learn more about Kaepernick, read the cover story about him in the November issue of *Ebony*, available online. Also, check out *Colin in Black & White*, a drama series about his teenage years. It premiered on Netflix last month on October 29, 2021.

“I’m going to speak the truth when I’m asked about it. This isn’t for look. This isn’t for publicity or anything like that. This is for people that don’t have the voice.”

“People don't realize what's really going on in this country. There are a lot things that are going on that are unjust. People aren't being held accountable for. And that's something that needs to change. That's something that this country stands for: freedom, liberty and justice for all.

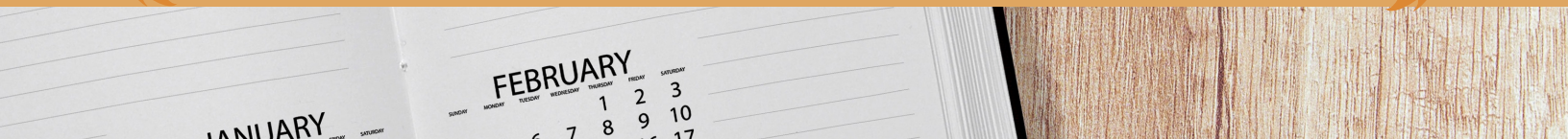
“I think that's something that's hard for this country to address, is what the real issues are and coming to the point where we can admit that these are issues. Once we admit that, we can deal with it, we can fix them, and we can make this country and these communities a better place.”



Mark your calendar & Save the Date

DECEMBER

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



NOVEMBER

TUE
NOV 9

**AFCBI GENERAL MEETING
(Virtual)
2:30-4:30PM**

WED
NOV 24

ELDER WEDNESDAY LUNCHEON
We've cancelled Elder Wednesday on Nov 24 due to Thanksgiving being the following day.
Happy Thanksgiving everyone!

DECEMBER

WED
Dec 15

**AFCBI HOLIDAY LUNCHEON
(In-Person)
Location and Time: TBA
More info to come**

TBA

Kwanzaa Celebration
Location: TBA (a hybrid, mix of virtual and in-person)
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.