

# THIRD CHAPTER LIVING



**ACTIVE AGING WEEK, OCTOBER 4-10**  
**ISSUE 12 | OCTOBER 2021**



# THIRD CHAPTER LIVING

ISSUE 12 | OCTOBER 2021

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

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Donna Williams

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## IN THIS ISSUE...

### Greetings Age Friendly Community,

Last month we honored grandparents by celebrating Grandparents Day on September 12 and presenting a panel discussion entitled **Kinship Caregivers: The Lived Experience** on September 21. We share more about the panel in this issue. This month, October, we focus on our fall signature event Active Aging Week, October 4-10, 2021 which includes a prelude on October 2 with Emmanuel Baptist Church. Age Friendly Central Brooklyn, Inc (AFCBI) has been participating in Active Aging Week (AAW) since 2017. Active Aging Week promotes the benefits of a healthy lifestyle on a national scale giving older adults the opportunity to experience activities and exercise in a safe, friendly and fun atmosphere.

This year, we had our first collaboration with Emmanuel Baptist Church for Active Aging Week. With EBC's Healing Touch-HIV/AIDS Ministry, we kicked-off AAW with an informative and successful symposium on Healthy Aging produced by Healing Touch Ministry members **Denise Drayton and Bridgett Wilson**. One of our own Victoria Graves-Cade presented at the symposium. AFCBI was delighted to serve as co-host.

Another first this year is AFCBI's partnership with Myrtle Avenue Brooklyn Partnership to present AAW.

This month we have several guest writers including **Adele Agin, Dr. Charles Grannum, Velvet Hall and Karen Peterson**, who share their knowledge and experience; and a new addition, Culture Corner, spotlighting noteworthy cultural events.

Enjoy our cover this month depicting members in our Age Friendly community participating in Active Aging Week 2019.

Continue to stay safe.

Donna Williams  
Editor in Chief  
THIRD CHAPTER LIVING

# KINSHIP CAREGIVERS: THE LIVED EXPERIENCE

BY SELMA JACKSON

On Tuesday, September 21, 2021 Age-Friendly Central Brooklyn Inc and Assemblywoman Stefani L. Zinerman co-hosted a presentation entitled KINSHIP CAREGIVERS: THE LIVED EXPERIENCE.

We had two grandmothers sharing about their care of grandchildren in school and preschool. We also had two sons caring for their mothers. One of the sons also served as our moderator.

After hearing heartfelt testimony from our caregivers, we heard from a panel of legislators and agency officials, including a judge, on how the system was failing the caregivers.

The policy reps recommended solutions, exchanged phone numbers, and had ideas for new legislation.

Our responsibility as an organization and community is to follow up with the caregivers to ensure they are getting the recommended supportive services.

Revisit with the legislators about new legislation to be introduced and how can we help to get it into law. Finally we should have a follow-up meeting or presentation next year to hear about improvements.

## MODERATOR:

**Rob Fields** is an Arts & Culture Advisor. Curator. Dot connector. Former president and executive director of Weeksville Heritage Center

## PANELISTS:

*Kinship Caregiver Panel*

- **Gregory Brooks** served for 18 years as a teacher for emotionally challenged adults and children. He is now caring for his mother who has dementia.
- **Lynette Lewis-Rogers** is retired from NYCHA in charge of Tenant Participatory Accounts. She is now caring for her grandson who is 3. As such she is with us virtually because she is still providing care.
- **Patricia Rodriguez** is the grandmother and primary caregiver for two granddaughters, one of whom had special needs.

## Public Official Panel

● **Senator Jabari Brisport** represents New York's 25th State Senate district which encompasses Bedford-Stuyvesant. He is the Chair of The Committee on Children and Families and a Member of the Committees on Agriculture, Banks, Codes, Housing, Construction and Community Development, Libraries, and New York City Education.

● **Assembly member Andrew D. Hevesi** represents the 28th district in the New York State Assembly and is the Chair of the Committee on Children and Families. Chair Hevesi wrote the law amending the Kinship Guardianship Assistance Program (KinGAP), which is designed to help children leave the foster care system and permanently stay with a relative who receives a subsidy to care for them. including "fictive kin," meaning those who are like relatives, but not necessarily related by blood, marriage or adoption.

● **Judge Dweynie Esther Paul** is a Kings County Civil Court Judge with a passion for justice and the community. She began her judicial career in 2016, presiding in Family Court, where she focused on custody, visitation, domestic violence, adoptions, guardianship and child support objections. She also served on the Administrative Judge's Advisory Committee to improve Family Court statewide.

● **Iya Antoinette Emers** works for the NYC Department for the Aging as a Community Advocate for Grandparents Resource Center. She helps to provide information and help to people who are raising grandchildren and other young family members. The program falls under the Mayor's Action Plan for Neighborhood Safety (MAP).

● **Brandy A. Orange** works for the NYC Department for the Aging as a Community Coordinator Active Aging.

● **Terri V. White is the founder and president of A Labor of Love Eldercare** to help families create better and more efficient ways of caregiving for their loved ones. She offers individualized planning and cost-effective services for a diverse community of both aging adults and family caregivers, especially those experiencing severe time constraints, such as career, family and raising children





Assembly Member Stefani L. Zinerman &  
the Age Friendly Central Brooklyn Ambassadors



# KINSHIP CAREGIVERS: *The Lived Experience*

## Resources

NYS Kinship Navigator  
<http://www.nysnavigator.org>  
877-454-6463

Kinship Care Services  
The Family Center - Kinship Program &  
Permanency Resource Center (PRC)  
493 Nostrand Avenue  
Brooklyn, NY 11216

Program Contact:  
Trish Jean-Louis, Program Supervisor  
Phone: 718-230-1379 x 132  
Fax: 718-638-1628

NYC Department for the Aging  
Grandparent Resource Center 212-442-1094  
or 311

Your Community Advocate is on-site at the  
following locations:

Van Dyke Community Center  
392 Blake Avenue, Brooklyn, NY 11212

Tompkins NYCHA Management Office  
105 Tompkins Avenue, Brooklyn, NY 11206

LIFT Justice for all. One family at a time  
Hotline: 212-343-1122  
[www.LIFTonline.org](http://www.LIFTonline.org)

Get Legal Info. Find a Lawyer.  
[LawHelpNY.org](http://LawHelpNY.org)

New York State Court Help  
[www.nycourthelp.gov](http://www.nycourthelp.gov)

# HOW'S YOUR EMOTIONAL HEALTH?

BY SELMA JACKSON

Here we are in the 10th month of 2021 and we find ourselves BEGINNING to come out of the pandemic or are we really!

We have been in lock down since March 2020! 19 long months...what has that done to us in all aspects of our lives but especially emotionally!!

I am not an expert in the field of psychology, but let's just observe some things that are happening in our communities:

Road rage; child suicide; refusal to wear a mask because personal rights are infringed, but the increase in victims to the disease is not as important; gun violence from law enforcement; gun violence within families; pushing people into harm's way (on to train tracks or down an escalator).

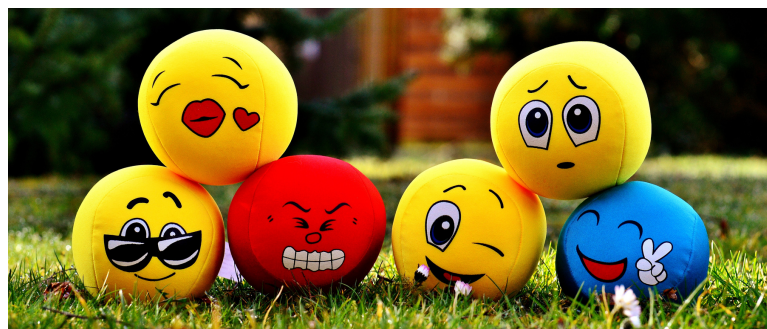
What has become of us as a society? What do we need to do differently?

1. Remember that community means more than one working together.
2. Care for your neighbor as you would yourself.
3. Stay in touch with others: prayer group, book club, bff club, staying connected by phone, video chat, Google meets, what's app, zoom.
4. Volunteering with organizations that interact virtually.

As I was writing this article I received a phone call from a friend, whose mom died. It was a call for comfort for both parties because as you listen it reopens your memories.

What has helped me through this pandemic has been the connection to my family, friends, and my volunteering commitments. When I am stressed I go in the kitchen and I make something. Being able to create a work of art or food for the soul, which I share with my neighbors, is comforting and joyful. It is that care for ourselves and others that allows for positive emotional health.

October is Emotional Wellness Month.



# BREAST CANCER AWARENESS MONTH

BY KAREN PETERSON



## Founder & Chief Patient Advocate Karen's Club

October is Breast Cancer Awareness Month, and for the world it is a reminder to remember those we've lost to this deadly disease and more importantly what can we do as a community to become aware, educated and take steps to protect our health.

According to this article published in Breast Cancer.org. [https://www.breastcancer.org/symptoms/understand\\_bc/statistics](https://www.breastcancer.org/symptoms/understand_bc/statistics)

It states, in African American Women, breast cancer is more common for those under 45 and overall black women are more likely to die from the disease than other races. Harlem, NYC native Karen Peterson is determined to change those stark realities.

Diagnosed with Stage IV Triple Negative Breast Cancer in 2017, Karen fought against medical bias, and lack of information to successfully enter a clinical trial. Faced with just a 4% chance of survival, Karen became familiar with cancer research and advocated for access to cutting edge genomic testing which determined Karen might be a good candidate for a trial.

With the help of a top medical researcher specializing in Triple Negative Breast Cancer, Karen was advised to try a new line of treatment called immunotherapy, which she received while in the clinical trial. Luckily the treatment worked, ultimately saving her life.

Inspired to help others Karen's Club was formed to educate, inform and support patients of color around clinical trials. Karen's Club provides free opportunities to have a private 1:1 conversations about clinical trials as well as access to educational Webinars. For more info check out <https://www.karensclub.org/>







# October



October is the 10th month of the year and is the sixth of seven months to have 31 days. October was named after the Latin word 'octo' because it was originally the eighth month. When July and August were introduced to the Roman calendar by Julius Caesar and Augustus, it became the tenth month in the year instead of the eighth.

## *A Happy Birthday Shoutout to these Ladies:*



**OCTOBER 1 – VERONICA MORRIS**

**OCTOBER 13 – MERINE SHOWARD**

**OCTOBER 30 – ASSEMBLY MEMBER STEFANI L. ZINERMAN**

**OCTOBER 31 – CAROL HARRIS**



### Quick Facts about October:

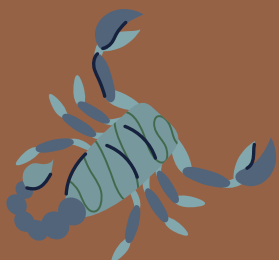
Birthstones: Opal and Pink Tourmaline

Flower: Marigold

Zodiac signs:

Libra (Scales) Sept 23 to Oct 23

Scorpio (Scorpion) Oct 23 to Nov 21



# OCTOBER EVENTS IN AFRICAN AMERICAN HISTORY



Oct 1966 - The Black Panther Party was founded by Huey P. Newton and Bobby Seale in Oakland, California.

May 1-October 1, 1967- This was the worst summer for racial disturbances in United States history. More than 40 riots and 100 other disturbances occurred.



Oct 7, 1993 - Toni Morrison was the first black American to win the Nobel Prize in Literature.



Oct 14, 1964 - Dr. Martin Luther King, Jr. is awarded the Nobel Peace Prize.



October 16, 1940 - Benjamin O. Davis, Sr., became the first black general in the United States Army.

Oct 16, 1973 Maynard H. Jackson was elected the first black mayor of Atlanta.

Oct 16, 1995 The Million Man March, the idea of Nation of Islam leader Louis Farrakhan, called the event, held in Washington, D.C., "A Day of Atonement and Reconciliation." The march was described as a call to black men to take charge in rebuilding their communities and show more respect for themselves and devotion to their families.

October 29, 1969 The Supreme Court ruled that racial segregation in schools had to end at once and that unitary school systems were required.

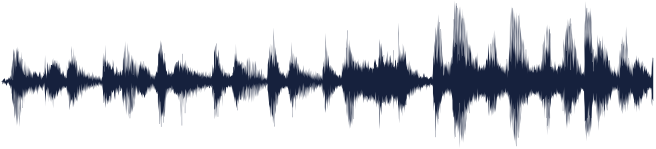
\*Info compiled from:

<https://www.fs.fed.us>

Timeline of Events in African American History

# HEAR TODAY .... HEAR TOMORROW

BY ADELE I. AGIN, LCSW



As we each wind our way through life, we learn that good health is a crucial part of our happiness. We attend annual physicals and see any number of our specialty doctors (cardiologist, gastroenterologist, ophthalmologist, neurologist, etc.) in order to remain in tip top shape.

However, there is one important health concern that is often overlooked but, in fact, ranks third in public health issues in America today. I refer to hearing loss.

Hearing healthcare, which begins with an annual hearing test, is very often, not at the forefront of our minds, however, research tells us that this is something which must be changed. Hearing loss which is untreated, can lead to dementia (John Hopkins, 2011).

Aside from that, folks with untreated hearing loss also often endure depression, anxiety, reduced alertness, decreased memory, social isolation, a higher level of fatigue and cognitive impairment. For most of us, these issues do not have to be looming around the corner.

Here is the good news. A simple, easy, non-invasive annual hearing test will get us started on healthy hearing. It will cost you nothing (Medicare, Medicaid and private insurances cover this), and will give you very important information.

Throw out your vision of the old testing booths of yesterday. Today, testing booths are big and comfortable. Plenty of room for a family member and certainly, if you have a walker or a wheelchair. Let a skilled audiologist guide you through this baseline test and begin a lifelong relationship with this professional. You will be so glad you did this.

Adele Agin is the executive director of the Lexington Audiology Center in East Elmhurst, NY.

Call for an appointment. Parking on premises. (718) 350-3171.

October is National Protect Your Hearing Month



# DIABETES AND DENTISTRY

BY DR. CHARLES GRANNUM



## Prevalence

Approximately 34 million Americans have diabetes. That is about 10 % of the US population.

The US population groups most affected are American Indians, **African Americans**, and Hispanics.

However, China is the country with the highest number of diabetics worldwide. In 2019, an estimated 1.5 million deaths were directly related to diabetes worldwide.

## Types of Diabetes

Generally, there are three types of diabetes.

Type 1: Essentially the body fails to produce insulin. This is seen typically in adolescents.

Type 2: The insulin that the body produces is ineffective.

Type 3: Gestational. A type of diabetes that can develop during pregnancy.

## What is Insulin?

Insulin is a hormone produced in the pancreas. It is released into the bloodstream to allow for the uptake of glucose into the cells. The cells use insulin for energy production.

Without insulin the body cannot function properly.

## Symptoms of Diabetes

Diabetic patients may experience extreme thirst, lethargy, excessive urination, reduced resistance to infections, vascular complications (leading to amputations) and **dental complications**.

## Dental Complications

Diabetic patients must make every effort to maintain good dental health. This includes regular dental visits and good brushing and flossing. Why? The answer is that diabetics are more prone to **periodontal disease** which is an inflammatory disease that attacks the “gums” and bone supporting teeth and can eventually lead to tooth loss.

Diabetic patients may experience more **dental caries** (cavities). Some researchers believe this is a result of decreased salivary flow.

Patients may also experience oral **Thrush**, which is a **Yeast** infection. Thrush may appear as white lesions on the tongue or other parts of the mouth.



## American Dental Association Recommendations

In summary, The American Dental Association recommends the following as **“Your Diabetes Dental Health Action Plan”**

- Control your blood sugar levels. Use your diabetes- related medications as directed, changing to a healthier diet and even exercising more can help.
- Good blood sugar control will also help your body fight any bacterial or fungal infections in your mouth and help relieve dry mouth caused by diabetes.
- Avoid smoking
- If you wear a denture, clean it each day.
- Make sure to brush twice a day with a soft brush and clean between your teeth daily.
- See your dentist for regular checkups.

October is Dental Hygiene Month



# VELVET'S BOUTIQUE ON WHEELS

## BY VELVET HALL

My name is Velvet Hall. I'm the Owner/CEO and founder of Velvet's Boutique on Wheels. I've been in business for more than 10 years. I specialize in Costume Jewelry and other accessories.

I worked in Wall Street for 42 years. I always wore suits and accessorized them with jewelry. I was just another everyday employee. I was very popular and well known throughout the Bank. Whenever someone had something to sell they would always ask me to sell their merchandise. One day I decided I wanted to sell for myself. I asked those for whom I was selling, where I could go to purchase merchandise at wholesale prices. No one would share that information with me.

I always loved jewelry and knew I would be good at selling it. My brother directed me where to go and told me how to price my merchandise. I purchased a very small amount of Jewelry. My first customers were my family and co-workers. I started vending at Street Festivals, Church Conferences and Pop Up Shops. I love vending because I can choose and refuse a venue.

There's a lot of work that goes into having your own business for example buying at the best prices so you can make a profit and selecting what customers will love. I advertise my jewelry by wearing certain pieces when I go out. To be successful you have to be willing to sacrifice some of your lifestyle, be a people person and have a great personality.

I am a people person and I love what I do. It's fun and enjoyable and makes me happy seeing others look good.

I thank God for giving me the gift to select beautiful, gorgeous jewelry. I want you ladies to look classy and your best for less. You can put on a \$20.00 dress and look like a million dollars if you wear the right accessories. It gives me such joy and pleasure to see a customer wearing a piece of my jewelry and looking gorgeous.

I can Do All Things through Christ Who Strengths Me -Philippians 4:13

We celebrate National Women's Small Business Month this month.





# FAIL TO PLAN, PLAN TO FAIL

**BY DONNA WILLIAMS**

Years ago at a dinner party, the conversation turned to financial planning and the benefit of having a financial advisor

I listen intently. While I had a retirement plan through my job, I wasn't taking advantage of what the plan was offering. If I contributed to the plan my company would match. I was foolishly losing money. Nor did I have a financial advisor. I needed help.

That night, I asked my friend for the contact info of her financial advisor. I called, set up an appointment and working with my newly found financial advisor started on the road to financial solvency.

I wasn't in debt, but I could be because I wasn't managing my finances very well. I set up a spreadsheet so I could track how I was spending money – monitor my cash flow – and in the process created a budget.

Additionally, my financial advisor carefully reviewed my portfolio and together we figured out how to build upon what I had and to maximize it.

In 2017, when my department at work was eliminated, I was able to turn this awful situation into an opportunity to actually retire because of the plans my financial advisor and I had put in place years earlier.

Recently, I was able to secure a loan to renovate my house damaged from a fire mainly because of how we structured my finances.

October is National Financial Planning Month. Take some time this month to review your finances and to educate yourself by talking to a financial advisor; checking out financial videos; reading about financial planning and most important finding out your credit score.

It is never too early or too late to plan for your financial future.



# NOTHING TASTES LIKE TOGETHER

BY LORRAINE GAMBLE-LOFTON

There is a current commercial seen frequently on television. In an Irish cottage we find a family sort of scurrying around. Finally, the daughters go to bed and we can see that the parents are cooking. Upstairs the girls quickly set the clock for 2:00 a.m... Well the daughters and a little brother come downstairs and help to finish setting the table. They sit in anticipation of a guest. Shortly thereafter enters a young man in a white waiter's jacket looking whipped. But as he turns around, the look on his face turns to one of mild surprise "You waited for me?" he says. The mother looks up and says "Happy first day." And he looks as if he feels loved.

Up until about seven years ago my mom and I hosted the Thanksgiving Dinner. No matter how tiring or expensive it was, I looked forward to this annual gathering of family and friends. No one brought anything with them except Uncle Rollie. White Horse is what he drank, hence he brought a quart with him and the turkey leg belonged solely to him.

None of the invited guests even offered to wash a dish or a pot and everyone grabbed foil and Ziplock bags and some made it their business to bring a pickle jar so that they could swipe a little eggnog, Mommy's was the best in the land.

I was deliciously exhausted when it was over. Mommy and I ate our turkey neck and left most of the dishes until morning and talked about how we were going to make sure that they washed the dishes. Lies, garbage and trash that's what that was. We were so happy to see each other that we didn't know what to do.

I didn't know how deep the feeling was until I became so lonely that I used to take codfish cakes and bakes with me to share with my therapist. That at least gave me some one to share a meal with once a week.

Nothing tastes like together.

October is Eat Better, Eat Together Month







# The Age Friendly Central Brooklyn, Inc. Poetry Corner

WELCOME TO THE AGE FRIENDLY POETRY CORNER.

EACH MONTH WE WILL FEATURE THE CREATIVE WORK OF A MEMBER FROM OUR AGE FRIENDLY COMMUNITY.

IF YOU ARE INTERESTED IN HAVING YOUR WORK INCLUDED, PLEASE EMAIL DONNA WILLIAMS AT: [SECRETARY@AGEFRIENDLYCB.ORG](mailto:SECRETARY@AGEFRIENDLYCB.ORG)

THIS MONTH, CAROL HARRIS SHARED SOME OF HER WRITINGS WITH US FOR OUR POETRY CORNER PAGE. ENJOY!

## WHY?

### LESSON 1

Save our Sons please help them.


### LESSON 4

The worst type of person always wanting something from others. Never have anything to give/donate. Will disappear and come back worst then before. ex. Well I need this and that I don't know what to do. When they are good don't need nobody. You can't locate them and when you do sure enough. Begging, conning, need this and that. Don't never ask how you feeling, or if you maybe in need also. Oh no only them, Never get tired of asking for anything. Will balance out your budget. If they give you anything low and behold they are getting that back one way or another.

This is a very selfish person, don't care about no one. It's very bad to be this way, When people see you coming they go the other way. Will not answer the door, phone when they know it's you. They could be sick and here you come, making them worst. Because you are looking to get help for you and only you.

### LESSON 6

When my family members are cooking bang, bang, bang goes the pots, crisp. crisp. goes the bacon, swift, swift, goes the eggs. Pop, pop goes the chicken pop, pop, goes the fish swift, swift, goes the oven, baking, baking, clean up time, ssss, sss, sss, spray bottle, splash, splash, goes cleaning cloth, sooth, sooth, goes the broom, splash goes the mop.



# The Age Friendly Central Brooklyn, Inc.

## Culture Corner



This month we debut Culture Corner, a new addition to our newsletter inspired by THIRD CHAPTER LIVING Editorial Board members Sheila Cox and Selma Jackson.

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

### THEATRE

#### “Lackawanna Blues”

A play by Tony Award Winner Ruben Santiago-Hudson will be at the Samuel J. Friedman Theatre, 261 West 47th Street, New York, NY 10036; Until October 31, 2021. 212-239-6200

Sun Oct 31 at 3:00 pm Wed Nov 3 at 7:30 pm  
Sat Nov 6 at 8:30 pm Wed Nov 10 at 7:00 pm

Sat Nov 13 at 1:00 pm Thu Nov 18 at 7:30 pm  
Sun Nov 21 at 3:00 pm Wed Nov 24 at 7:30 pm  
Sat Nov 27 at 8:00 pm Wed Dec 1 at 7:30 pm  
Sat Dec 4 at 8:00 pm Thu Dec 9 at 7:30 pm  
Sun Dec 12 at 3 pm

### OPERA

#### Terence Blanchard’s “Fire Shut Up In My Bones”

Metropolitan Opera House located in Lincoln Center at 30 Lincoln Center Plaza, New York, NY 10023; 212- 362-6000

Fri Oct 8 at 7:00 pm  
Wed Oct 13 at 7:00 pm  
Sat Oct 16 at 1:00 pm  
Sat Oct 23 at 1:00 pm

#### “Porgy and Bess”

Metropolitan Opera House located in Lincoln Center at 30 Lincoln Center Plaza New York, NY 10023; 212- 362-6000

### IN MEMORIAM

#### Sarah Dash

A singer who was a founding member of the ground-breaking vocal trio Labelle, best known for their 1974 hit “Lady Marmalade.”

Born: August 18, 1945 Trenton, NJ

Died: September 20, 2021

#### Melvin Van Peebles

Actor, filmmaker, playwright, novelist, and composer

Born: August 21, 1932 Chicago, IL.

Died: September 21, 2021

#### Dr. Lonnie Smith

Jazz artist, master of the Hammond B3 organ

Born: July 3, 1942 Lackawanna, NY

Died: September 28, 2021





# POSITIVITY VS NEGATIVITY



**BY GLENDA PATTERSON**

Positivity keeps a smile on your face and Negativity is a smile upside down looking like a frown. The best thing you can do is keep Smiling, no it is not a mistake the s in smile is capitalized. I want all the attention to be on the word Smiling.

Positivity is a choice. You choose to be positive. You choose to have a great outcome in life. You choose to be around positive people. Try new things, meet new people, and try your hand at something creative. Take an acting class. Learn how to paint. All the things mentioned are great for mental health and positivity enrichment and can put a Smile on your face. I could not talk about positivity without talking about Smiling.

You look so beautiful when you Smile, you appear like you are glowing. There are fewer wrinkles in your beautiful face. So keep Smiling and let your positivity shine.

October is Positive Attitude Month.



# POTATO SALAD IS GOOD FOR YOU

**BY LORRAINE GAMBLE-LOFTON**

So, in 2007, I discovered that my cousin, Ernesto, never had a birthday party. I didn't have anything more important to do, so what the heck, I was going to throw a surprise party for my big cousin's 60th birthday.

Now I have been known to be notoriously late in and for everything. But I was also known to be one of the queens of Potato Salad so they would wait for me. However, I was going to trick them all, this time. This time I was going to be on time. But to do that, I needed to get busy very early.

My mission started on Friday night. I turned the television on to some boring program so as not to be distracted and got started. So now it's about 4:00 in the morning, I'm fading fast, but I can't quit now, I have only about 6hrs to go! The television is going "Wah, wah, wah, Adult Attention Deficit Hyperactive Disorder." As quiet as the house was, I could not help but hear what the announcer had to say. The more he talked, the more I listened and the more I listened the more I saw myself in every word he said.

He gave my life a legitimacy it had never had. I wasn't just bad or lazy, there was a reason why. I cried. I had here to fore thought of A.D.H.D. (Attention-Deficit/Hyperactivity Disorder) as something that was a part of the lives of those "bad" little boys. But according to the announcer, that was not the case. It can happen to little boys, little girls, it has happened to me and it may have happened to you.

The minimal information that I got from that infomercial made me hungry for more. That Monday I went out seeking more information and eventually found systems to help me more successfully address my disorder. See, I knew that Potato salad was good for you.

October is A.D.H.D. Awareness Month. For more information go to: [adhd.org](http://adhd.org)



# Kamala Harris

## 49th Vice President of the United States

Kamala Harris is the 49th and current vice president of the United States. She is the first female vice president and the highest-ranking female official in U.S. history, as well as the first African American and first Asian American vice president.

Born October 20

“Let’s speak the truth: People are protesting because Black people have been treated as less than human in America. Because our country has never fully addressed the systemic racism that has plagued our country since its earliest days. It is the duty of every American to fix. No longer can some wait on the sidelines, hoping for incremental change. In times like this, silence is complicity,” she wrote in an op-ed for Cosmopolitan.

On Speaking Up

“What I want young women and girls to know is: You are powerful and your voice matters,” Harris told Marie Claire. “You’re going to walk into many rooms in your life and career where you may be the only one who looks like you or who has had the experiences you’ve had. But you remember that when you are in those rooms, you are not alone. We are all in that room with you applauding you on. Cheering your voice. And just so proud of you. So you use that voice and be strong.”



# **ABOUT THE ACTIVE AGING WEEK ORGANIZERS (October 4-10, 2021)**

## **Emmanuel Baptist Church**

### **EBC's Healing Touch-HIV/AIDS Ministry of Emmanuel Baptist Church**

The Healing Touch HIV/AIDS Ministry of Emmanuel Baptist Church was established in 2004. It is dedicated to the fight against the AIDS epidemic in a compassionate way and continuously works toward providing the community with HIV/ AIDS prevention education and assist those living with HIV in a non-judgmental, culturally relevant and spiritual way. The ministry is involved in community outreach, testing events, and offers referrals for those in need of treatment and support.

## **Age Friendly Central Brooklyn, Inc.**

Age Friendly Central Brooklyn, Inc (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.

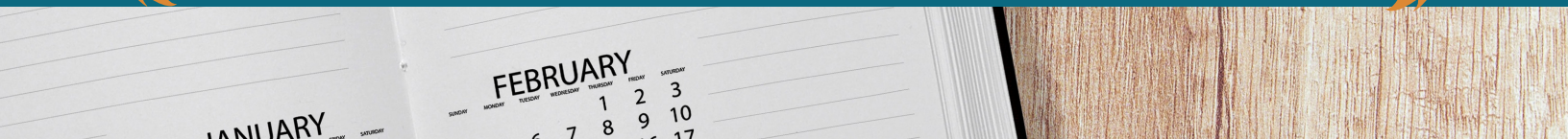
## **Myrtle Avenue Brooklyn Partnership**

As a community-based organization serving the Fort Green and Clinton Hill neighborhoods, our mission is to foster an inclusive, vibrant community anchored by Myrtle Avenue. We do this by engaging and supporting our neighbors, cultivating partnerships, building community capacity, identifying needs, and providing services that connect our neighbors to resources and opportunities. Our ongoing Myrtle Avenue Age-friendly work is focused on bringing local older adults to the table and giving their voices power to shape their neighborhood.

# Mark your calendar & Save the Date

## OCTOBER & NOVEMBER

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



### OCTOBER

TUE  
OCT 12

**AFCBI GENERAL MEETING**  
**2:30-4:30PM**

WED  
OCT 27

**ELDER WEDNESDAY LUNCHEON**  
**(TBD Virtual or In-Person)**

### NOVEMBER

Tue  
Nov 9

**AFCBI General Meeting**  
**2:30-4:30PM**  
**(Virtual)**

WED  
NOV 24

**Elder Wednesday Luncheon**  
**Noon-2PM**  
**(TBD: Virtual or in-person)**

**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.