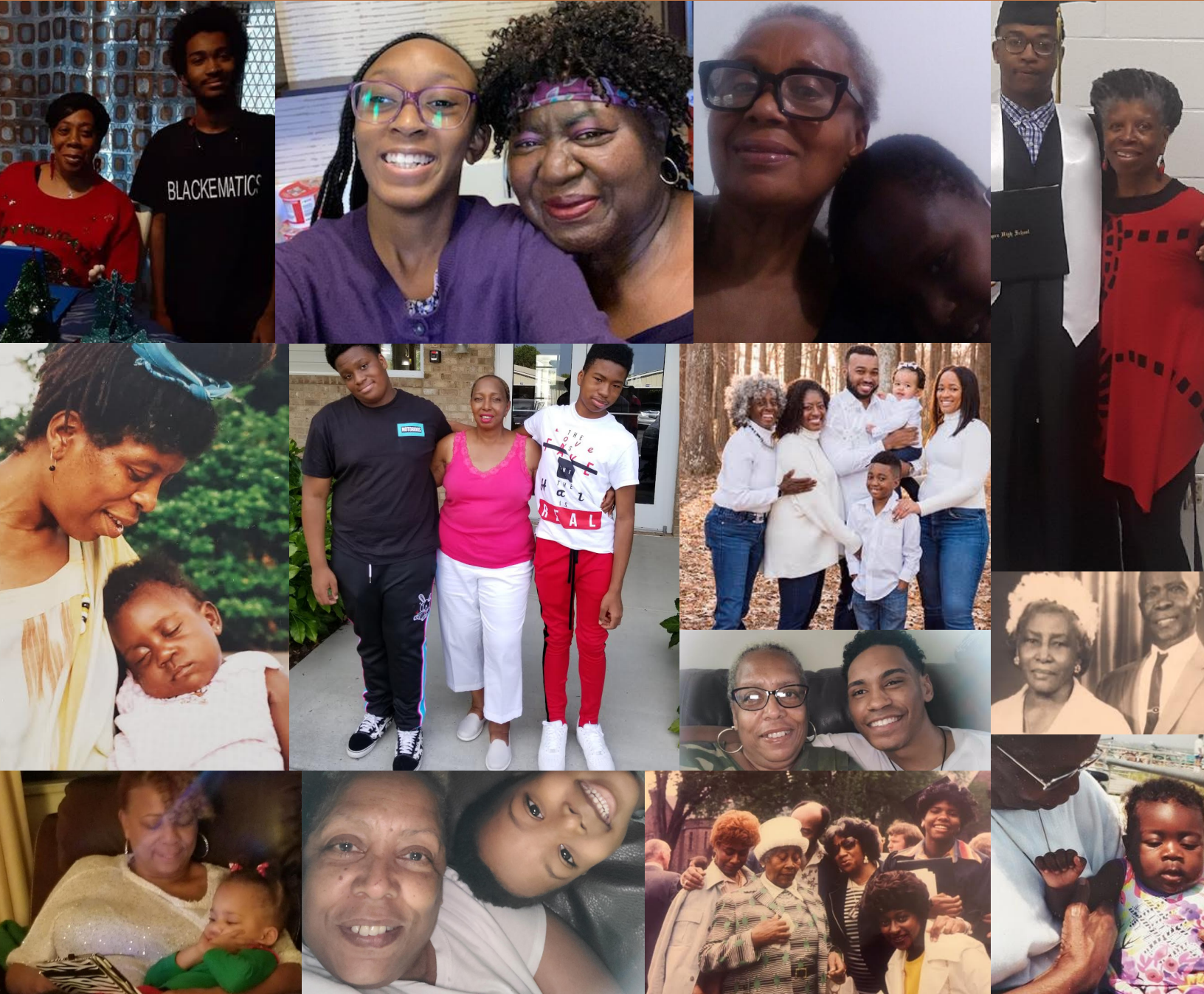


age friendly CENTRAL BROOKLYN

THIRD CHAPTER LIVING



ISSUE 11 | SEPTEMBER 2021
CELEBRATING GRANDPARENTS



THIRD CHAPTER LIVING

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

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CELEBRATING GRANDPARENTS

BY DONNA WILLIAMS

This September on our cover of **THIRD CHAPTER LIVING**, we feature photos of grandparents and grandparents with their grandchildren submitted to us by members of our Age Friendly Community.

We thank you for sharing your family photos with us as we celebrate **Grandparents Day on September 12**. Age Friendly Central Brooklyn, Inc. acknowledges and honors the grandparents who uplift and support their families.

Our observance of Grandparents Day continues with a special presentation on kinship caregivers (aka grandparents) later in the month. Since the onset of the pandemic, the need for kinship caregivers has increased to the point that we are looking at a crisis in care.

To raise awareness on this issue, **Assembly Member Stefani Zinerman** and the **Ambassadors of Age Friendly Central Brooklyn, Inc.** are hosting “**Kinship Caregivers: The Lived Experience**,” on **Tuesday, September 21 from 6:00-8:00 pm**, an in-person and virtual panel discussion on the challenges and disparities of kinship caregivers.

The event will take place in the **multiple purpose room at Bedford Stuyvesant Restoration Plaza, 1368 Fulton Street, Brooklyn, NY 11216**. Zoom link to attend virtually will be provided. Mark your calendar.



THE UPS & DOWNS OF GRANDPARENTING IN A PANDEMIC

BY DEBORAH COULTHURST BRYANT



"Wake up!"
"Get up!"
"Wash up!"
"Eat up!"
"Set up!"
"Listen up!"
"Clean up!"
"Straighten up!"

It starts around 7:30 am and goes until her Mama gets home. It's exhausting, yet exhilarating; challenging yet rewarding; tiring yet filled with fun and I wouldn't have it any other way.

"Get down!"
"Sit down!"
"Slow down!"
"Put it down!"
"Lay down!"

Life as a grandmother started in the most unexpected way. My Jubi was born at just 24 weeks and three days weighing 1lb. 5 oz. She's what doctors call a "micro preemie".

Her 128 days in the neonatal intensive care unit (NICU) were the epitome of a roller coaster ride; for her, medically; for me, emotionally. Every day since she's been on this Earth has been eventful... and the COVID-19 pandemic has only added to it.

In March 2020, our world changed in ways that I never thought I'd see in my lifetime. After 69 years of living, a global pandemic was declared to be upon us. I had studied the Spanish flu as a child in school, but I couldn't begin to imagine the direct impact that living in a pandemic would have upon me, my loved ones and my community.

Multiple losses of those so dear and having to explain to a 5 year-old why people were just driving by to wish her a "Happy Birthday," and why such an affectionate child could no longer hug those she loved.

I retired about six years ago with the intention of helping raise my granddaughter. I knew when she was born that I would be her protector, her comforter, and her cuddler, but I had no intention of becoming her home school teacher. A caretaker, I am. A kindergarten teacher, I am not. During this time of crisis, my granddaughter learned to read (thanks to her remote learning teacher), and I learned to laugh heartily at myself as I tried to figure out if the word "whale" has a "long A" or a "short A." I always thought that being a mother was the highlight of my life, but this "Grand Deborah" journey is making me consider otherwise.



DO YOU KNOW WHERE YOU'RE GOING TO?

BY LORRAINE GAMBLE LOFTON

*Do you know where you're going to?
Do you like the things that life is showin'
you?
Where are you goin' to?
Do you know?*

Diana Ross, lyrics to *Do You Know
Where You're Going to*
(Theme from "Mahogany")

These words have rung hauntingly in my head from time to time. I knew that I didn't want to be what (yes what, not who) I was. I could hold my own in any conversation but when anyone would ask 'Where did you go to school?' from this Diana Ross song I would automatically say, "Lane", omitting that I dropped out and went to Jersey City Job Corps Center for Women where I received my General Equivalency Diploma.

Well just because I was stuck does not mean that life was. Life continues and if you do not keep up you might find yourself unable to catch up. One day one of my co-workers suggested (in a snide fashion) that I needed to handle that school thang. "Give me the number" I said. She did (212) 925-6625, that number changed my life.

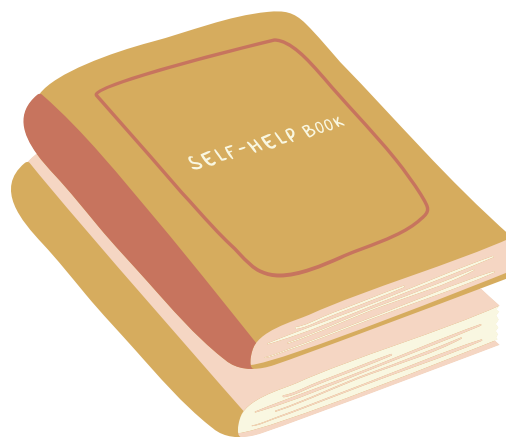
I made the first step and made an appointment with a counselor, Judy Hilkey. When I walked out of her office, I was registered for two classes. I found myself walking very tall and feeling equally as proud.

However, then that feeling of absolute terror kicked in and the voices started making their pathway through my mind: "You know that you're not good enough." Now here is where the change starts to come.

Ignore what makes you afraid. The end of the first semester found me with two A's. Oh, My BeJesus! But it was true. I saw it in writing 4.0 Me. Me 4.0 Yup! Rosa Parks leaves this for us to absorb: "I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."

Most of us are bound by our fears of doing right or wrong, I know that I was. I let go of my fear and soared. And so, can you.

September is National Self Improvement Month. What's your self-improvement story?





September



September comes from an old Roman word "septem" which means 7. September was the seventh month of the year on the Roman calendar. It did not become the ninth month until the advent of the Gregorian calendar. September contains nine letters and is the only month that has the same number of letters as its number in the calendar year.

September marks the beginning of autumn in the northern hemisphere and the start of spring in the southern. The symbolism of the month: transition, focusing on refocusing our energies, new things and open doors.

A Happy Birthday Shoutout to these Ladies:



SEPTEMBER 1 – EVELYN COLLIER

SEPTEMBER 5 – SHEILA COX

SEPTEMBER 16 – JACQUELINE WILLIAMS

SEPTEMBER 21 – GLENDA PATTERSON

SEPTEMBER 25 – YVETTE EDWARDS



Quick Facts about September

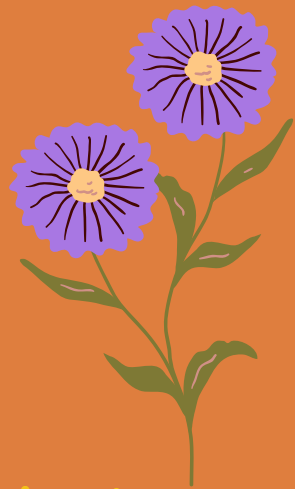
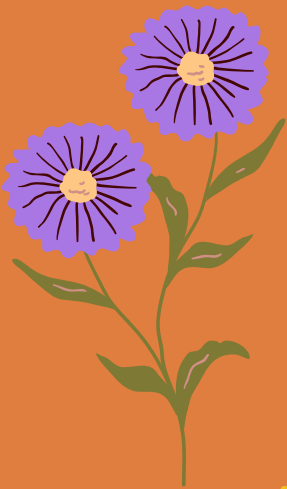
Zodiac sign

Virgo (Virgin): August 23 - September 22

Libra (Scales): September 23 - October 22

Flowers: Aster and The Morning Glory

Birthstone: Sapphire



HISTORY FACTS ABOUT SEPTEMBER



September 2, 1963 – Alabama Governor George Wallace forcibly halted public school integration by encircling Tuskegee High School with state troopers.

September 3, 1838 – Anti-slavery leader Frederick Douglass began his escape from slavery by boarding a train in Baltimore dressed as a sailor. He rode to Wilmington, Delaware, where he caught a steamboat to the free city of Philadelphia, then took a train to New York City where he came under the protection of the Underground Railway network.



September 11, 2011 – Terrorist attack on the World Trade Center and the Pentagon

September 12, 1913 – African American Olympic athlete Jesse Owens (1913-1980) was born in Oakville, Alabama (as James Cleveland Owens). He won four medals in track and field at the 1936 Olympic Games in Berlin, defeating Nazi athletes and disappointing Nazi leader Adolf Hitler.



September 22, 1862 – President Abraham Lincoln issued a preliminary Emancipation Proclamation freeing the slaves in territories held by Confederates as of January 1, 1863.

September 24, 1957 – President Dwight Eisenhower ordered the National Guard to enforce racial integration of schools in Little Rock, Arkansas.

IN MEMORY OF PHYLLIS HYMAN

BY REV. DR. YOREEL FRASER
TRUMPET

September is National Suicide Prevention Month. It is a time to raise awareness, educate and inspire hope. According to the Centers for Disease Control and Prevention, suicide is one of the leading causes of death in the United States. It impacts all of us and public perception of mental health must shift.

The stigma that is associated with mental health issues must be addressed because it prevents some people from seeking care sometimes with tragic results. People who experience mental health challenges are not weak nor do they lack faith in God. In this unprecedented time a mental health crisis can happen to anyone. Recently, a COVID-19 related death by suicide story was shared with me.

I am particularly concerned with the mental health of Black women. Black women must address the image of the strong Black woman which may prevent some women from seeking mental health services. Yes, we are strong, we are resilient, we persevere and we also break. It is no longer true that Black folk don't "commit suicide". Yes, we do. Sisters let's take off our Superwoman cape and talk to somebody.

We must restore our sacred sister gathering places for support. Places such as kitchen tables, stoops, porches, the church fellowship hall, backyard, garden to name a few. Places that are safe and sacred. Places of belonging.

Mental health services must be included in our sacred "I AM MY SISTERS KEEPER" toolbox.

The pain we carry, the stress we carry, the burdens we carry whatever their source including racism, sexism and trauma must be addressed. Scholars suggest that Black women's faith, social networks, and friendships may prevent them from taking their own lives. The faith community can lead the way. It must be a sacred and safe space. It must offer mental health conversations, workshops, trainings, and referrals to qualified clinicians when necessary. Mental health and wellness must be encouraged.

Suicide can be prevented. Learn the warning signs and reach out and help.

Resources:

National Alliance for Mental Illness

www.nami.org

Black Women's Health Imperative

www.bwhi.org

NYC WELL 1.888.692.9355

<http://nycwell.cityofnewyork.us>

Phyllis Hyman, an African American singer, songwriter and actress best known for her music during the late 1970s and early 1990s. Some of her notable songs include: You Know How to Love Me (1979) Living All Alone (1986), and Don't Wanna Change the World (1991). Hyman died June 30, 1995 (age 45), suicide by overdose.



THE IMPORTANCE OF SELF-CARE

BY GLENDA PATTERSON

When asked to do an article on self-care I was: "Oh, I got this!" But, when I started my research I realized I knew very little about self-care. Self-care is very important for our mind, body, soul and psyche.

I am going to give one of several definitions of Self-Care: the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. Expressing oneself is an essential form of Self-Care. Source: Dictionary from Oxford Languages

Self-care is taking care of the whole you. Now that we have the definition ask yourself, are you taking care of yourself? I'm not suggesting not taking care of your kids, parents or grandchildren, I'm asking about taking care of you. Self-care should come easy but for some reason we think of ourselves last. I hope after reading this article you take time for your-self love.

I changed self-care to self-love because when you take care of yourself you are loving yourself. When you take time to have a cup of herbal tea you are loving yourself; go sit in the park and talk to the trees you are loving yourself; taking a couple of deep breaths and releasing slowly, doing your breath work and meditating is loving yourself.



My self-love is journaling. My daughter told me just the other day she remembers me always having a journal on my bed. Journaling is calming for me because I can write about anything. I can say anything about anything and anyone the way I want to say it. I do not have to be politically correct I just have to be me and say it my way.

Self-love is the best love you can give yourself. Take a little time to get into you. Enjoy your own company. Your self love is all about you. Do what you want to do, do what you need to do to be happy. Keep Smiling!





ARE YOU PREPARED FOR AN EMERGENCY?

BY DONNA WILLIAMS

Were you prepared to shelter in place when Hurricane Henri hit NYC last month? Or, were you among those scrambling the day before landfall to make sure you had enough water and food in-house?

When faced with a disaster or an emergency, there is a comfort level that comes from being prepared.

Years ago, I had a fire at my house. My homeowners' insurance policy was up to date and I had all of my important papers in one place so I was able to quickly gather them up when the fire forced me out.

Still, I had to submit the insurance claim and deal with adjusters, fire reports, cleaning companies, contractors, and more. But because I was prepared I was able to get stuff done.

Let's review the steps you can take this month, National Preparedness Month, to help give you some peace of mind should a disaster or an emergency come your way.

Make a plan. Talk to your family and friends about how you will communicate before, during and after an emergency

- a. Decide where your household members will reunite after a disaster
- b. Plan for your needs (e.g., medications, disabilities)
- c. Have a list of emergency contact numbers

Build a Supply Kit. Gather supplies that will last for several days after the disaster.

- a. One gallon of water per day per person
- b. Non perishable, ready to eat canned goods with a manual can opener
- c. First aid kit and flashlight with batteries. Battery operated AM/FM radio and extra batteries, or a wind-up radio that does not require batteries
- d. Glow Sticks
- e. Whistle or bell

Prepare for Disasters. Pack a Go Bag that is easy to carry.

- a. Check your insurance coverage
- b. Copies of your important documents in a waterproof and portable container (e.g., insurance cards, birth certificate, deeds, photo IDs)
- c. Extra set of house and car keys
- d. Cash and copies of credit and ATM cards
- e. Lightweight rain gear and Mylar blanket



Info compiled from Ready New York
Preparing for Emergencies. NYC Emergency
Management

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: WILLIAMS DPR@GMAIL.COM

THIS MONTH WE SHARE POEMS BY SHARON LYONS, "SUMMER MORNINGS" AND "WATERMELONS"

SUMMER MORNINGS

The spirit of nature rises early during the summer mornings. The birds are all out talking and singing.

I could listen to them all day. The gentle wind whispers through the trees, about the beautiful open sky.

It's wonderful to have summer moments that kindly surrounds us. It's the later on that breaks your heart and have it wondering off in dark places.

Danger, suffering, killings, losses, things as such are unfortunately embedded in the fabric of our lives.

Situations comes upon us that makes us numb for a while, leaving us with a reality too large, too difficult to absorb.

You get hit hard sometimes, sideways, in the back, taking you off the track you once knew. Some bounce back, others never get back on track again.

Still the spirit of nature will rise in the morning, never is it angry, never will it break your heart.

By Sharon Lyons

About this poem, I am a naturalist, and I make an extra effort to expose myself not only to the calm side of nature, but to it's wild side too.

WATERMELON

Ode to the watermelon that I've loved all my life.

If seasons could talk, summers would agree that they too love you just as much.

Every bite from my slice, I hear each individual sprinkle raining all in me.

For each drop removes the bad in me, and your ruby red not only symbolizes passion, strength and energy, but provides lycopene that triggers healthy reactions to all those cells and stuff in me.

Ode to the watermelon, everything in you makes everything in me tickle.

By Sharon Lyons

About this poem, I eat watermelon only when it is in season, which is from July through August. Recently I sliced open a yellow one, which was my first experience and it was delicious.

INTERGENERATIONAL ACTIVITIES & AFN

BY SUNDRA FRANKLIN

This September, as the nation observes Intergeneration Month, we explore how Age Friendly's Intergenerational Cohort Group got started and look at some of the activities envisioned for the future.



The Age Friendly Central Brooklyn, Inc. (AFCBI) became a priority in Brooklyn's Bedford Stuyvesant/Crown Heights communities (District 36) 8 years ago after Dr. Al Vann passed the torch to Councilman Robert E. Cornegy who took up the mandate to ensure Dr. Vann's commitment to older adults continued.

Stefani L. Zinerman, now Assembly woman of 56th District, provided the leadership and vision for AFCBI's innovative design which is now a model in NYC and nationally. She worked with the AFCBI advisory team and Ambassadors to create and implement the AFCBI services, which were designed to support the CD36 communities. This service area expanded in 2020 to include Central Brooklyn.

ENVISIONING THE FUTURE- INTERGENERATIONAL

BY SUNDRA FRANKLIN



The AFCBI Intergenerational domain has and still provides a structure which:

- Creates activities and services that promote learning between all generations;
- Promotes open communication, learning and positive interaction with other generations;
- Increases an awareness of the expectations, challenges, needs and questions that all generations might have and creates a forum for discussion;
- Promotes civic involvement, community service activities which involves all generations;
- Develops resources which can be utilized by all generations. These resources include but are not limited to the Brooklyn Public Library, NY Fire Dept., NY Police Department, NYC Dept of Health, the NYC Board of Education, MTA, NYC Parks & Recreation, NYC HRA and a variety of other organizations, health care agencies and social services organizations. These resources have been spotlighted via Intergenerational fairs, events and ongoing workshops; and
- The Intergenerational Cohort consistently conducts community service and group activities with the NYPD Explorers via zoom.

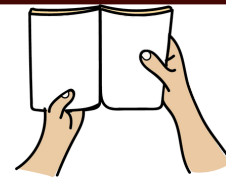


The following activities were prohibited by the pandemic but will hopefully be resumed in the fall of 2021.

- Weekly reading activities with grades 1-3 at Brooklyn elementary schools.
- Other stoop & reading activities that are being planned at targeted locations & via zoom with community youth
- Field trips to enhance culture and education in the NYC area.
- High teas which will support culture enhanced communication and intergenerational dialogue
- One on One or group mentoring support

Post pandemic, the goal of the Intergenerational Cohort remains to provide services & activities, provide wrap around supports for other AFCBI cohorts, enhance intergenerational communication and share information which will enhance the quality of life for older adults and other generations in Central Brooklyn communities.

NEED TO KNOW



BY SELMA JACKSON

We normally choose our topics. This one chose me! I have been frustrated by the lack of human decency and it seems as if it's been heightened during the pandemic, but most assuredly since 2017. Rather than preach or offend someone I was reminded of the poem: ALL I EVER NEEDED TO KNOW I LEARNED IN KINDERGARTEN Age-Friendly Central Brooklyn Inc feels it's important to share it as a reminder.

All I Need to Know I Learned in Kindergarten

BY ROBERT FULGHUM

All I really need to know I learned in kindergarten.

ALL I REALLY NEED TO KNOW about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sandpile at Sunday School. These are the things I learned:

Share everything.
Play fair.
Don't hit people.
Put things back where you found them. Clean up your own mess.
Don't take things that aren't yours.
Say you're sorry when you hurt somebody.
Wash your hands before you eat.
Flush.
Warm cookies and cold milk are good for you.

Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon.
When you go out into the world, watch out for traffic, hold hands, and stick together.
Be aware of wonder.
Remember the little seed in the styrofoam cup:

The roots go down and the plant goes up and nobody really knows how or why, but we are all like that. Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup - they all die.

So do we.

And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and equality and sane living.

Take any of those items and extrapolate it into sophisticated adult terms and apply it to your family life or your work or your government or your world and it holds true and clear and firm. Think what a better world it would be if all - the whole world - had cookies and milk about three o'clock every afternoon and then lay down with our blankies for a nap. Or if all governments had a basic policy to always put things back where they found them and to clean up their own mess.

And it is still true, no matter how old you are - when you go out into the world, it is best to hold hands and stick together.

© Robert Fulghum, 1990.

Found in Robert Fulghum, All I Really Need To Know I Learned In Kindergarten Villard Books: New York, 1990, page 6-7.

HAVING FUN WITH HATS



SEPTEMBER IS FALL HAT MONTH.

*WE THOUGHT IT WOULD BE FUN TO FEATURE PHOTOS OF OUR AGE FRIENDLY LADIES STYLING
IN THEIR FAVORITE HAT.*

ENJOY THE GALLERY OF HATS!



JESSE OWENS

“Find the good. It’s all around you. Find it, showcase it and you’ll start believing in it.”

“We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.”

“The battles that count aren’t the ones for gold medals. The struggles within yourself – the invisible, inevitable battles inside all of us – that’s where it’s at.”

“Although I wasn’t invited to shake hands with Hitler, I wasn’t invited to the White House to shake hands with the President either.”



September 2021

CALENDAR OF EVENTS

TUESDAYS AND THURSDAYS

BODY LOVING FLOW WITH TAMEEKA -

FREE !

Classes are virtual for now: [Emergesoul.com](https://emergesoul.com)

10:15 AM-11AM



12TH

GRANDPARENTS DAY



14TH

AFCBI GENERAL MEETING



18TH

STUYVESANT HEIGHTS HISTORIC DESIGNATION 50TH ANNIVERSARY



21ST

KINSHIP: THE LIVED EXPERIENCE



22TH

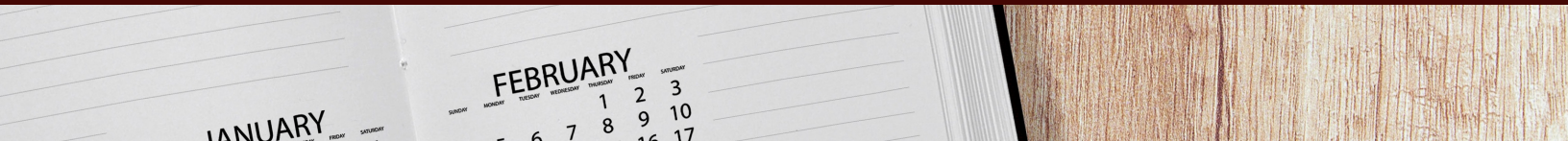
ELDER WEDNESDAY LUNCHEON

Mark your calendar & Save the Date

OCTOBER

SUMMER MAY BE COMING TO AN END, BUT AGE FRIENDLY CENTRAL BROOKLYN, INC (AFCBI) IS STARTING TO GEAR UP FOR THE FALL!

PLEASE MARK YOUR CALENDAR AND SAVE THESE DATES IN OCTOBER:



OCTOBER

2

Health Fair

AFCBI and The Healing Touch HIV Ministry are jointly providing an online health fair which will be the kickoff for our Active Aging Week.

4-10

Active Aging Week

The annual weeklong health event promoting an active and healthy lifestyle.

12

**AFCBI General Meeting
2:30-4:30PM**

27

**Elder Wednesday Luncheon
12 Noon**

Gather in-person either outdoors or in a restaurant. TBD.

**Contact: Donna Williams
Age Friendly Central Brooklyn, Inc (AFCBI)
Williamsdpr@gmail.com
917-940-3676**



Making Central Brooklyn a great neighborhood to age-in-place!

FACT SHEET

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:** *After consistently volunteering in a cohort of your choice for two years, you will become an 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.



Making Central Brooklyn a great neighborhood to age-in-place!

FACT SHEET

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.

Contact Info:

Donna Williams

Age Friendly Central Brooklyn, Inc. (AFCBI)

917-940-3676