



Partnerships

By Darryl T. Downing

Harlem Advocates for Seniors is pleased to announce its partnership with Voza Rivers/New Heritage Theatre Group. NHTG was originally established in 1964 under the name New Heritage Repertory Theatre (NHRT) by the late Roger Furman. He was a revered playwright, director, actor and lecturer, who began his career in the 1940's with the American Negro Theatre in Harlem. His mission was to present entertaining, informative and quality productions while preserving and institutionalizing classic works of Black Theatre.

In 1983, upon the passing of Furman, Voza Rivers (a founding member of New Heritage) an acclaimed music and theatre producer assumed company leadership. Today, NHTG serves the Harlem community, NYC and globally through incomparable presentations of stage readings, performing arts events, including musical concerts, theatrical productions, documentary shorts, and films.

In 1977, as Executive Producer of New Heritage Theatre Group, Mr. Rivers with Columbia University professor, Jamal Joseph, provides leadership to Oscar and Grammy Nominated IMPACT Repertory Theatre, the Greater Harlem Chamber of Commerce, Harlem Week, Harlem Arts Alliance, Community Works, and the list continues.

New Heritage Theatre Group's success is validated by the feedback from their audiences, peer recognition

in black and mainstream theater, and its perennial partnerships with Lincoln Center, Shades of Truth Theatre, The Greater Harlem Chamber of Commerce, Community Works, Take Wing & Soar Productions, City College Center for the Arts, and *now* Harlem Advocates for Seniors.

Prior to the Covid -19 onslaught, Mr. Rivers and NHTG made a concerted effort to accommodate Harlem seniors, by providing preferred and complimentary seating to events whenever possible. In response to this generosity, many active elders volunteered to act as front of the house greeters and ushers at various presentations. Harlem's impresario, Voza, as he is affectionately known, recognized that the HAS membership was integral in this volunteerism. The organization's benevolence was authenticated with a partnership offer. "In partnership with Harlem Advocates For Seniors" is now illuminated within NHTG's headlines.

The Brownstone

By Billie Jo Thomas & Princess

Surviving the pandemic as a business owner has been a devastating challenge. Despite the challenges The Brownstone, an upscale plus size fashion boutique located in Harlem, has thrived and flourished.

The wisdom and talents of its visionary founder & fashion designer, Ms. Princess Jenkins, whose focus is "dressing women for important moments in their lives", has accomplished much success.



Her ability for success was learned at an early age from her grandmother's outstanding example of ethical values and the importance of family.

Her grandmother, who moved from South Carolina to the Bronx to help the family, was a talented seamstress who excelled in alterations sewn by hand.

Her mom was the head shop steward and teamster representative in a factory and Princess often attended meetings with her. Her father was a butcher at the local meat plant and their fridge was always packed with the best cuts of meat. Princess learned entrepreneurship skills as a young girl working behind the counter at her grandparents' store and restaurant. Her grandfather loved when she assisted him assembling the Sunday Newspaper.

In 1998 Princess started the Brownstone Boutique in a turn of the century brownstone. It was her childhood dream to create the first African-American Department store. Today at the current east Harlem location, The Brownstone features a collection of contemporary designer clothing, unique accessories and gifts.

Also offered is a distinctively private shopping experience for customers seeking quality, value and excellent customer service. Free alterations guarantee a perfect fit.

The Brownstone's Black Label Collection, designs custom creations for weddings and all special occasions.

Location: 24 East 125th Street, NY, NY 10035, 212-996-7980

thebrownstonewoman.com

Love to The Senior Drum

The sounds of the drums are resounding as they send luck and blessings to the new Newsletter team.

It is time to pass the torch of success to other HAS members. May God guide you in this important work.

Peace, health and love.

Linda, Billie Jo and Sarah

Taking Care of Ourselves LAST PART

By Sarah B. Caliman-Walker

Covid-19 update.

Currently, there are three new vaccines that are being used for treatment. Although this is good news, everyone must continue to follow the guidelines for avoiding the spread of this pandemic.

Moving forward. As more doses of the vaccines become available, the scientists and other medical professionals are hoping for herd immunity to happen as soon as possible. Stay Safe! For Covid-19 vaccine info call 311.

April is Stress Awareness Month. This recognition is held every April and has been running since 1992.

There are plenty of resources and helpful organizations available to help with your struggles regarding stress. One way of doing some thing for Stress Awareness Month is to take the 30-day challenge. The challenge encourages doing one action for your physical, mental, and emotional well-being every day.

Be sure to carve out some time to relax yourself for just 10-15 minutes per day. This can improve your ability to handle life's stressors. Remember too, that exercise is an excellent stress reliever. Many people benefit from practices such as deep breathing, yoga, meditation or being in nature. Get a massage, take a bubble bath, dance, listen to music, for relaxation. Maintaining a healthy lifestyle will help you manage stress. Stress/Anxiety Helpline 1-800-950-6264.

May has, from the 6th. through the 12th., National Nurse's week. May is also

Older American's month with the Administration for Community Living, leading our nation's observance of older Americans. The observance dates back to 1963 when President Kennedy designated May as Senior Citizens Month, which was later renamed Older Americans Month. The 2021 theme is "Communities of Strength." Older adults have built resilience and strength over their lives through successes, failures, joys and difficulties. Their stories and contributions help to support and inspire others. This month there will be celebrations of the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building stronger communities. There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important; it plays a vital role in our health and well being, and in that of our neighborhoods. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others. Try joining others in promoting the ways we are connected and strong. Senior Power Rules!

June is National Men's Health Month The month is all about encouraging the men in our lives to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

Dear men, take the steps to check yourself and stay healthy, we love you and want you to be around to share life with your family and friends for a long time to come. Hooray for men getting and staying healthier. Department for the Aging, 212-244-6469



Rita Carrington
Chairperson

COMMITMENT

Are you an active member-the kind that would be missed?

Or are you just content that your name is on the list?

Do you attend meetings and mingle with the flock?

Or do you stay at home to criticize and knock?

Do you take an active part to help the work along?

Or are you satisfied to be the kind that just belong?

Do you ever go to visit a member who is sick?

Or do you leave the work to a few and talk about the clique?

Think this question over; you know right from wrong.

Are You An Active Member Or Do You Just Belong?



William Hamer
Executive Director

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Having problems?
 We want to know about it.
 Send your issue, questions,
 or suggestions to:

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