



Harlem Senior Drum

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CaringKind

By Paula Rice

On Sunday, October 13, 2019, CaringKind held a annual walk to end Alzheimer's Disease, in Riverside Park.



For the past two years HAS members have walked and generously donated funds to CaringKind's Team Harlem Supporters. These funds help support the free programs and services offered to family members caring for a PWD (person with dementia).

The free services include legal seminars, educational meetings, support groups, training and referrals. One such informational service was held on Monday, December 2nd from 5 pm - 7 pm at the Harlem State Office Building on 125th St. NYC. The symposium was co-sponsored by CaringKind, Columbia Medical Center and Councilman Bill Perkins. The topic was African Americans and Alzheimer's Disease. (CaringKind is a community resource for Alzheimer and Dementia care in NYC) Website: caringkindnyc.com [Paula Rice (above) is a HAS member and Manager, of the African-American Outreach]

Sharing A Senior Summer

By Billie Jo Thomas

My summer of 2019 was like riding a roller coaster, high ups and speedy downs. The best event everyday was waking up feeling healthy, thanking God, with a big smile, ready for new day.

Although my travels were

less than usual, one mini hometown trip to Detroit, MI for a cousin's wedding was most memorable. It left me feeling proud of how the younger generation has made great progress in this world.

I also enjoyed many wonderful events in and around New York, and especially an all day outing to Holiday Hill, Prospect, CT. Can't wait to go again.

Another highlight was that, as a volunteer with the Renaissance Auxiliary, Inc, we were recognized and honored for our diligent efforts at our annual Marjorie Mathews' celebration.

One important event was donating school supplies to the participating happy children, accompanied by their grateful parents and guardians. This was my heartfelt assignment at the Children's Village Station during the Harlem Week festivities.

To round out the summer, I enjoyed three Broadway plays, "Ain't Too Proud", "Cher" and "King Kong", all of which were fantastic!

Thank God for a wonderful summer as I look forward to more blessings.

Toni Morrison

By Gregory J. Mills

We Light Our Candles for Toni Morrison

In our moments perhaps of profound dim sadness, let us find some joyous light in celebrating "Toni Morrison!" It is best to dwell in celebration and her writing excellence.



The last of literary

July, August & September 2020

genius is one that revered around the globe, and so it is by Morrison's words that many have expressed her work changed their lives and view of the world.



The N.Y. Times cited her book "Beloved" as the best novel of the past 25 years.

We, Harlem Advocates for Seniors, sing our praises and give accolades to "Toni Morrison's literary works.



May she rest in peace among the ancestors.

Taking Care of Ourselves

By Sarah B. Caliman-Walker

At this printing, thankfully, the Corona Virus has subsided in New York, but it's not over. There are serious spikes in other parts of the country. Continue to wear masks, stay 6 ft. apart and wash your hands.

July is Eye Injury Prevention month. Invest in sunglasses to protect your eyes from UVA/UVB rays.

Regrettably, illegal fireworks are the cause of eye injuries. Recently, there have been more calls to 311 regarding noise and litter from illegal fireworks. Also, be mindful of eye protection even at legitimate firework displays.

July 23 is National Parents

Day—Note: it includes grandparents and those who unexpectedly find themselves in parental roles.

August is National Immunization Month. Many public service announcements remind parents to make appointments if their children are behind in vaccinations. Dr. Zucker, Commissioner of Health, says “my kids are vaccinated”.

It is noted that many parents are fearful of bringing their children to a medical facility for inoculations, until they can feel it is a safe place from Covid-19. For immunization information call 844-692-4692.

September is National Alcohol & Drug Addiction Recovery Month. Doctors and health professionals are discussing the uptick in usage during this pandemic. Recent studies show an alarmingly increased rate of alcohol and drug use in general, but surprisingly noticeably among seniors.

Internet savvy seniors account for more “weed” purchases. Be vigilant with friends and loved ones. Users tend to be shrewd if dependency is taking over. Help line is 888-692-9355.

Sept. 8-14 is National Suicide Prevention Week. Please stay safe and healthy.

Message From

William Hamer
Executive Director

On behalf of the Harlem Advocates for Seniors, Inc.,



I welcome all of our readers to the new addition of the Harlem Senior Drum newsletter. We will strive to keep our readers informed and updated on important events and activities, and a wide variety of relevant information important to older adults in our community. We will also feature special articles on health/wellness, arts and culture, senior safety, travel, fitness/exercise and spirit and mindfulness. We are also committed

to feature some of our community youth with their special talents of spoken and written word. We will also welcome your input and submissions for possible publications in the newsletter so that we know we are feeling the pulse of our community.

I want to thank many of you who have been with us from the very beginning and have worked with us tirelessly to meet the challenges of developing a recognized and responsive organization in the Harlem community.

As many of you know, we have been fortunate and have begun to see the fruit of our collective work in that we have been able to secure funds to ramp up the work to serve more seniors and grow the organization. A special shout out to our local elected who have supported the organization with funding and encouragement to continue the work on behalf of the community’s older adults (i.e. State Senator Brian Benjamin, State Assemblyman Al Taylor, NYC Councilmember Bill Perkins, Manhattan Borough Pres. Gale Brewer and the West Harlem Development Corporation. This has resulted in a restructuring of the organization. I’m honored to have been asked to serve as the first ever Executive Director for Harlem Advocates for Seniors, Inc. In this role I will continue to work diligently to maintain your trust in the organization’s ability to serve our community.

I would be remiss if I did not take a moment to always pay homage to Ms. Rita Carrington. She has been our visionary leader and guiding light that has helped us to get to this point through some challenging times. She with her infinite wisdom and steady hand has kept “Our Eyes on the Prize”.

So welcome to the Harlem Senior Drum. We hope you like it and will help us to make this an important resource and communication tool for our older adult community.

Thank you

Chairperson Corner



Rita Carrington

Hope this newsletter finds you well!

On behalf of the board of Harlem Advocates for Seniors, I am honored to serve as Board Chair. We remain committed to promoting an age-friendly community.

Aging is a personal experience; it is individualized and different for each in mind and body.

At 92, I have experienced aging just for me, it is to have an open mind to accept the skilled and unskilled knowledge on aging. The many forms of aging are vital. Each person should try to acknowledge and accept it, with patience, love, respect and understanding.

I challenge you.

‘WHERE DO YOU STAND?’

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We want to know about it.

Send your issue, questions,

or suggestions to:

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