



Harlem Senior Drum

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Chairperson Corner



Rita Carrington

ISSUE DEDICATED TO JOHN LEWIS

Greetings Fellow Advocates

The fight continues on many levels. Unite we must. I would like to share words for thought;

WHERE DO YOU STAND?

You may have heard these words before, please read again and share.

Some members help to keep us **STRONG**, while others say they just belong; Some dig right in, some strive with **PRIDE** some go along for just the ride; Some volunteer to do their **SHARE**, while some lie back and just don't care; At meetings some will always **SHOW**, while there are those who never go; Some always pay their dues **AHEAD**, some lag behind for months instead; Some do their **BEST**, some **BUILD**, some **MAKE**, while some refuse to give, but take; Some drag, some pull, some don't some do. Which one of those applies to **YOU**?

Answer the question not in just words but **ACTION!!**

HAS NEEDS YOU! VOLUNTEER TODAY

☐ (see contact info below)

Generous Gestures

Billie Jo Thomas



&



While everyone is facing the dilemma of the Corona Virus pandemic, a generous gesture of charitable kind-

*"Never give up, never give in, never give out.
Keep the faith and keep your eyes on the prize.
Each and every vote matters.
Do your part and vote like you've never voted before.
Believe in the power of love and together we will build the Beloved Community here in America."*



In his own words.

John Lewis

"Get In Good Trouble"

The vote is the most powerful nonviolent tool we have.

{Please register to vote, on Nov. 3, 2020. To register (4 ways): 1) dmv.ny.gov select voter registration application. 2) postmarked by Oct. 9, (212-487-5300) 3) In person by Nov. 3, 32 Broadway 7th Fl., nyc 4) Absentee ballot: elections.ny.gov select PDF and print. Postmark by Oct. 27}

Fury spends itself pretty quickly when there's no fury facing it.

I believe that you see something that you want to get done, you cannot give up, and you cannot give in.



You have to be persistent.

If you're not hopeful and optimistic, then you just

give up. You have to take the long hard look and just believe that if you're consistent, you will succeed.

You have to be optimistic in order to continue to move forward.

Never give up. Never give in. Never become hostile. Hate is too big a burden to bear.

Not one of us can rest, be happy, be at home, be at peace with ourselves until we end hatred and division.

We must continue to go forward as one people, as brothers and sisters.

When you see something that is not right not fair, not just, you have to speak up. You have to say something; you have to do something.


Be hopeful. Be optimistic. Never lose that sense of hope. *Sunrise: 2/21/1940*

☐ *Sunset: 7/17/2020*

We would like to invite you to join HAS's monthly **Fireside Chat**. Please email us to hasharlem@gmail.com You can join us by phone or by Zoom

ness is being demonstrated in our city. Many New York seniors are being helped with food donation deliveries from GET FOOD NYC. I am fortunate to be one of those appreciative recipients. I've enjoyed a variety of delicious, nutritious and healthy microwavable prepared dinners, as well as bagels, muffins and assorted seasonal fruits. I have also received

boxes of uncooked essential food staples such as rice, pasta, potatoes, beans, cereal and assorted canned items. I was also extremely impressed when contacted by phone from a representative offering me an air conditioner, medication delivery service and any other requested assistance. For information on any of these services call 311. These acts of kindness

describe the hearts of fellow New Yorkers who are caring and sharing family and love. Be sure to keep in touch with your senior friends and neighbors. Life is a gift, share it with others. 

Internet & . . .

Seniors! Who Me? Yes You! Should seniors embrace the internet?

by Ms. Halimah Jammeh

Seniors struggle to adapt to this fast-paced soon to be all technological world. Even those working at tech help-desk jobs find today's pace takes their breath away.

Seniors were asked why? some reasons given for NOT embracing technology: (1) *I have better things to do.* (2) *Too time consuming to learn.* (3) *Too old to learn something new.* (4) *Devices and long class times, at wrong times are too expensive so I don't own anything**. Best one (drum roll) (5) *I don't care about learning "all that stuff"*.

We asked one of today's youth, Ms. Jammeh, 12, for her perspective. [Based on you owning a smart-phone-or-TV; iPad or tablet; or computer.**]


Q. *How would learning internet and social media, benefit seniors?*

A. *Learning the internet can help seniors in so many ways. For instance, let's say your family is having a virtual zoom birthday party to celebrate a family members birthday but you are not skilled in using zoom so you are unable to attend. Something so small such as not knowing how to use zoom sets you back from enjoying a family event. Another example is a friend of yours told you about an article online that you're interested in reading but because you don't know how to browse (look for) the internet you are unable to look at the article. Now you can't read the article and you're probably bummed out about it. It's mainly important for seniors*

to learn the internet to stay in the loop of everything that is going on. Not just with family but with the world.

OK, it takes our breath away "let us" (5x)—breath in breath out—roll up OUR sleeves and take charge. Happy internet-ing!

Hardware is personal.** Consult your favorite youth for advice, or favorite savvy friend. Devices become obsolete after only 4 years. Be wary of purchasing from 3rd parties they may be refurbished or used with no warranty. Check with manufacturer first. If you have outdated phones/tablets/computers Apple will buy them to apply towards your new Apple purchase. *Note:** Manufacturers offer refurbished items and will give you full warranties on them.

For help contact: oats.org or 718-360-1707 (Older Adults Technology Service-division of Senior Planet 917-936-4410). 

Taking Care of Ourselves PART 2

By Sarah B. Caliman-Walker

Continue to wear masks, stay 6 ft. apart and wash your hands.


October Is National Breast Cancer Awareness Month. An estimated 2,670 men will be diagnosed with breast cancer in the USA. One in eight women in the USA will develop breast cancer in her lifetime. Breast cancer is the most common cancer in American Women, except for skin cancer. Women 75 years and older should continue to undergo screening mammography. For breast cancer screening and mammograms contact customer service 1-800-227-2345 or cancer.org.

November is American Diabetes Month. The American Diabetes Association is United States based. It seeks to educate the public about diabetes, and to help those affected, through research, management and cures and prevent it. They have been helpful to many people and their families. Every 21 seconds someone new is

diagnosed with diabetes. It is recommended that diabetics learn about the disease, and how to live well with it. Most importantly, diabetics should be true to their diets and glucose monitoring and share that information with their doctor.

There are many free Diabetic classes given in most communities. Info line: 1-800-342-2383

December 1st is World Aids Day-This day was designated in 1988 as a day to raise awareness of the AIDS pandemic caused by the spread of HIV infection and the mourning of those who died of the disease. Today, many health care facilities counsel patients about being tested for HIV and the importance of knowing their status. Testing is confidential.

This is also the month for National Hand Washing Awareness week (the 4th through the 10th). 

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Editor: Sarah B. Caliman-Walker

Publisher: Linda Hudson

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Contributing to this issue:

Halimah Jammeh

Photos:

John Lewis, Royalty Free

Billie Jo Thomas, Food

Having problems?

We want to know about it.

Send your issue, questions,

or suggestions to:

Harlem Senior Drum, c/o HAS,

P.O. Box 791, College Station,

New York, NY 10030

or email:

hasharlem@gmail.com

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