

Ageless Vitality

Still Movin' and Shakin' at 76



Antoinette-Marie Williams

FOR ELDERS AND PEOPLE WITH DISABILITIES

Welcome to my presentation on the importance of staying active, involved, and embracing life's adventures as we grow older. Today, I want to share my incredible journey—a story that shows how we can pursue our passions and enjoy life to the fullest, no matter our age or disability.

Getting older or having a disability should not stop us from seeking new experiences and finding joy. Let us relive a couple of my journeys and explore the possibilities which await us when we stay active: i.e., from a swaying ride on a one hump camel in the Dubai desert, to taking a thrilling leap while skydiving in Sussex, New Jersey, at the age of 76. I want to show you there are no limits to what we can achieve.

Suggestion:

If someone offers to help you, please let them, it makes their day!

Taking advantage of Services in New York City:

Access-A-Ride (Paratransit) \$2.75 each way

Apply: Monday to Friday 9AM-5PM 877-337-2017 Press 1

Public transportation for eligible customers with disabilities or health conditions prevents them from using the public buses and subways for some or all their trips. AAR operates 24/7/365.

You can take **Access-A-Ride** to all five boroughs including to and from any New York City airport.

Apply for **MetroCard** which will provide **FREE** transportation on buses and trains.

SERVICES and SUPPORT

National Multiple Sclerosis Society NYC Chapter

212-463-7787 733 3rd Ave, 3rd Fl

<https://nyhealthfoundation.org/grantee/national-multiple-sclerosis-society-nyc-chapter/>

The Greater New York City – Long Island Chapter works to improve the quality of life for people affected by MS in Long Island and the five boroughs of New York City, Westchester, Putnam, Rockland, Orange and Sullivan counties.

The MS Society offers many services and resources to help people affected by MS live their best lives. Find resources in your area to learn, connect, and get support.

Lifeforce in Later Years (LILY)

(917) 775-1199 www.lifeforce-in-later-years.org

Vision: Create a society where elders can age comfortably at home with the support and friendship of their community.

All services, outdoors and online programs are free-of-charge.

Community connections, friendship, and support for daily living are just some of the ways that LiLY helps thanks to a large corps of trained caring volunteers who live within walking distance of those they serve, and dedicated staff.

DOROT 212-769-2850 171 W 85th St.

<https://www.dorotusa.org/our-programs>

The DOROT community of older adults from 65+, with a majority in their 80s, vary in physical mobility, economic status and backgrounds. Our in-home and community programs bring vital services and companionship to those who have difficulty leaving home without support. Seniors able to travel to our Upper West Side or Westchester offices can enjoy a host of vibrant, engaging on-site and intergenerational programs.

SERVICES and SUPPORT (continued)

Bloomington Aging in Place (BAiP)

(212) 842-8831 info@bloominplace.org

Mission: To help older adults lead vital, connected, safe and comfortable lives as their needs change. An all-volunteer, intergenerational network of neighbors, BAiP builds community by organizing social activities, sharing information, and extending a helping hand to neighbors as they continue to age at home.

BAiP offers many ways to meet and participate with your neighbors in engaging activities, as well as opportunities to exercise your mind and body. Informative panel discussions are presented, and neighborly assistance can be provided when you might need it. Volunteers are also welcome to help BAiP assist others who live nearby.

New York City's Recreation Centers:

\$25 for Membership proof of disability and seniors each year Access to all 36 facilities: indoor pools, sit & fit, aerobics, fitness, dance classes, pickle ball.

For Parks info Call 311

<https://www.nycgovparks.org/contact-parks>

Become a part of a community of New Yorkers learning new hobbies, getting fit, and meeting new people. Join a recreation center!

We have recreation centers in all five boroughs. Most membership types afford you access to all recreation centers in the city. For more information on how to join a recreation center or to find a recreation center near you, visit our Recreation Center membership page.

IDNYC (Identification Card) FREE:

Apply: Make an Appointment with 311 or online

<https://a069-idnyconlineportal.nyc.gov/IOP Web/#/appointment>

Documents required: Passport, EBT Card, Utility, Phone or Cable, Lease or Employment Pay Stub, Current NY State Driver's License or Learners Permit, Non-Driver ID Card or NYC Restricted Handgun License

IDNYC is a card for all New Yorkers, from all backgrounds, and from all five boroughs. Your immigration status does not matter. The free, municipal identification card for New York City residents, ages 10 and up, provides access to a wide variety of services and programs offered by the city. **IDNYC** cardholders enjoy benefits and discounts offered by businesses and cultural institutions across the five boroughs.

AIRLINES:

1. Comparison shop online for airline consolidators. They offer cheaper tickets than purchasing with Delta, Spirit, Southwest etc.
2. When booking your flight reservation, be sure to ask the reservationist for any special assistance requests (i.e., wheelchair pickup from the curb to check in and to the gate for your round-trip flights).

Ask for an aisle chair (also referred to as a straight back or high back). It is a small wheelchair that is used to transport immobile passengers from a wheelchair to a seat on the plane. Aisle chairs are used during enplaning and deplaning and can also be used during the flight to access the lavatory.

On the day of travel, present yourself to the gate agent and remind him/her that you will require preboarding assistance and use of the aisle chair. There is no charge for travel with your own wheelchair or motorized scooter. Make sure to ask if it can be brought to the airplane door at both destinations.

Below are listed just a few of the countless opportunities that await you in the vibrant city of New York. So, let us embrace the spirit of exploration and seize every moment to create lasting memories in this remarkable urban playground.

Enjoy the journey!

MUSEUMS

MUSEUMS FREE

The good thing is some of the best things in life are free. Whether it's free admission every day or a once-a-month sort of deal, you can view some amazing art, without spending a penny.

Here is a list of interesting ones:

1. The MoMA 11 W 53rd St., Manhattan

When: First Friday of every month – 4p.m. – 8p.m. (Only for New York residents)

2. MoMA PS1 22-25 Jackson Ave., Queens

When: Sunday-Monday 12p.m. – 6p.m., Thursday-Friday 12p.m. – 6p.m., Saturday 12p.m. – 8p.m. (Only for New York residents)

3. The Bronx Museum of the Arts, 1040 Grand Concourse, Bronx

When: Wednesday-Sunday 1p.m. – 6p.m

4. Brooklyn Museum, 200 Eastern Parkway, Bronx

When: First Saturday of every month – 5p.m. – 11p.m.

5. Noguchi Museum, 9-01 33rd Rd. Long Island City, Queens

When: First Friday of every month – 11a.m. – 6p.m.

6. Queens County Farm Museum, 73-50 Little Neck Parkway, Queens

When: Monday-Sunday 10a.m. – 5p.m. (Except on special ticketed event days)

7. Neue Galerie, 1048 Fifth Ave., Manhattan

When: First Friday of every month – 5p.m. – 8p.m.

MUSEUMS (continued)

8. National Museum of the American Indian, 1 Bowling Green, Manhattan

When: Monday-Friday 10a.m. – 5p.m.

9. The Rubin Museum of Art, 150 West 17th St., Manhattan

When: Every Friday – 6p.m. – 10p.m.

10. The Morgan Library & Museum, 225 Madison Ave., Manhattan

When: Every Friday – 5p.m. – 7p.m.

11. The Jewish Museum, 1109 5th Ave at 92nd St., Manhattan

When: Every Saturday, as well as select Jewish holidays including Passover and Shavuot, 11a.m. – 6p.m.

12. American Folk Art Museum, 2 Lincoln Square, Manhattan

When: Wednesday-Sunday 11:30a.m. – 6p.m.

13. Socrates Sculpture Park, 32-01 Vernon Blvd., Astoria

When: Everyday – 9a.m. – Sundown

14. Snug Harbor Cultural Center & Botanical Garden, 1000 Richmond Terrace, Staten Island

When: Everyday – Dawn–Dusk (Grounds and botanical garden only)

15. The Museum at FIT, 227 West 27th St., Manhattan

When: Wednesday-Friday 12p.m. – 8 p.m.,
Saturday-Sunday 10a.m. – 5p.m

16. Staten Island Museum, 75 Stuyvesant Place, Staten Island

When: Everyday – Winter hours: Friday-Sunday, 11a.m. – 5p.m.

17. Wave Hill, 4900 Independence Ave., Bronx

When: Every Thursday – 10a.m. – 5:30p.m

MUSEUMS (continued)

18. Queens Museum, Flushing Meadows Corona Park Building

When: Wednesday-Friday 12p.m. – 5p.m.,
Saturday-Sunday 11a.m. – 5p.m.

21. Intrepid Museum, Pier 86, W 46th St., Manhattan

When: Select Fridays, April-September

22. Free with Library Card: Museums using

If you don't already possess a library card of your own you've been missing out on more than just free access to books!

The New York City Public Library System offers free admission to places like the Brooklyn Museum, the Intrepid Sea, Air & Space Museum, the Museum of the Moving Image, and more!

Cardholders at the New York, Queens, and Brooklyn Public Libraries can now go online and download day-long Culture Passes for free entry into 79 cultural institutions—12 more than last year!

Other Things to Do in New York:

Explore Central Park: Take a leisurely stroll or rent a bicycle to discover the hidden gems of this iconic urban oasis.

Take a boat ride to the Statue of Liberty: Experience the grandeur of Lady Liberty up close and enjoy breathtaking views of the Manhattan skyline.

Enjoy a Broadway show: Indulge in the world of theater by attending a captivating performance in the heart of Broadway.

Other Things to Do in New York (continued)

Wander through Times Square: Immerse yourself in the bustling energy of Times Square, with its vibrant lights, shops, and entertainment.

Visit the High Line: Explore the elevated park built on an abandoned railway, offering stunning views, gardens, and public art installations.

Take a ferry to Ellis Island: Delve into the rich history of immigration at the Ellis Island National Museum of Immigration.

Experience the bustling atmosphere of Grand Central Terminal: Marvel at the grand architecture, shops, and dining options in this iconic transportation hub.

Walk across the Brooklyn Bridge: Enjoy a picturesque walk across the historic bridge, offering stunning views of the city's skyline.

Explore the neighborhoods: From the bohemian vibes of Greenwich Village to the eclectic charm of SoHo, immerse yourself in the diverse and vibrant neighborhoods of New York City.

MOVIES:

AMC \$6.50 movie discount on Tuesdays

AMC 6 212-721-6023 2310 Broadway

West 84th St & Broadway

AMC Lincoln Square 13 212-336-5020 1998 Broadway

West 66th St & Broadway

Looking for the best deal on movie ticket prices? Then you should always consider going to the movies on Tuesdays! Because it is historically the slowest day of the week for movie theaters, most chains offer discount tickets and concessions.

Antoinette-Marie Williams, a native of New York City, affectionately known as the Big Apple, is an inspiring individual who has dedicated her life to advocating for the rights of people with disabilities and elders. Despite personal challenges, she has shown resilience and continues to overcome physical barriers as an elder herself, all while getting about the city and traveling the world on her motorized scooter, which she affectionately refers to as her Ferrari.

In addition to her advocacy work, Antoinette has found innovative ways to contribute to her community. One such endeavor is her creation of an online guide to local accessible restaurants for individuals with disabilities. This invaluable resource helps people find suitable dining options, ensuring they can enjoy a fulfilling dining experience without any limitations.

Antoinette also generously offers free backgammon lessons to others when she's not traveling, all while zipping around on her Ferrari. Her love for the game, coupled with her desire to connect with people and share her skills, has made her a respected mentor and teacher in her community. Through these lessons, she not only imparts the intricacies of backgammon but also fosters a sense of camaraderie and inclusion among her students.

Despite facing significant health challenges, including a diagnosis of multiple sclerosis (MS) 36 years ago and breast cancer in 2016, Antoinette refuses to let her conditions define her. Instead, she embraces life with an unwavering spirit, enthusiasm, and a determination to experience all that the world has to offer, all on her Ferrari. Her mission is to inspire others by sharing her experiences and showing them that it is possible to live life to the fullest, even in the face of adversity.

Antoinette has appeared on NPR's *The Moth*, where she captivated audiences with her inspiring storytelling. Through this platform, she was able to share her experiences and shed light on the challenges faced by individuals with disabilities, while also highlighting the strength and resilience that can emerge from such circumstances.

Her story is a testament to the indomitable human spirit and the power of determination. She serves as an inspiration to all, proving that with passion, compassion, and a positive mindset, one can overcome any obstacle and make a meaningful impact in the lives of others.

For her advocacy work, Antoinette was awarded:

Comptroller of the City of New York “Older Americans Service Award” Presented to Antoinette-Marie Williams in Recognition of Outstanding Contributions to Their Community 2019.

New York State Assembly Citation to Antoinette-Marie Williams “for extraordinary (volunteer) service to our State.” Assemblyman Daniel J. O’Donnell

Antoinette also appeared on: [NPR’s The Moth](#) (A live performance at Aaron Davis Hall in New York City in February 2022)

[Q&A Backgammon](#) (The Moth)
[Lessons from my dad](#) (Audio The Moth)

Antoinette can be reached at:

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