

Monthly Menu: FEBRUARY 2024

The Center will be closed on Monday, February 19. On the preceding Friday (the 16<sup>th</sup>), Center will close right after the show.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>GLATT KOSHER</b>		1 Classic Chickpeas Stew (Pre-prepared); Brown Rice Steamed Green Beans Whole Wheat Bread Plums & Milk <i>Alternate: Egg Salad</i>	2 Roasted Chicken/Brown Gravy Potato Kugel Carrot Tzimmes Challah Bread Applesauce & Milk <i>Alternate: Tuna Salad</i>
5 Meatloaf Mashed Sweet Potatoes Creamy Spinach Whole Wheat Bread Apple & Milk <i>Alternate: Tuna Salad</i>	6 Hawaiian Chicken Roasted Potatoes Blended Vegetables Whole Wheat Bread Orange & Milk <i>Alternate: Spanish Omelet</i>	7 Fresh Salmon Rice A Roni Zucchini Provencal Whole Wheat Bread Nectarine & Milk <i>Alternate: Sliced Turkey</i>	8 Eggplant Rollatini Pasta with Tomato Sauce Garden Salad Garlic Bread, Plum & Milk <i>Alternate: Egg Salad</i> <i>*Chocolate Chip Cookie</i>	9 Roasted Chicken Sweet Noodle Kugel Vegetable Mix Challah Bread Applesauce & Milk <i>Alternate: Tuna Salad</i>
12 Pepper Steak Vegetable Lo Mein Oriental Vegetables Whole Wheat Bread Apple & Milk <i>Alternate: Breaded Fish</i>	13 Asian Style Baked Chicken Mashed Potatoes Mixed Vegetables Whole Wheat Bread Orange & Milk <i>Alternate: Tuna Salad</i>	14 Salmon Cakes Roasted Butternut Squash Ratatouille Whole Wheat Bread Nectarine & Milk <i>Alternate: Sliced Turkey</i> <i>*Valentine Cake</i>	15 Bean Burrito Brown Rice Tossed Salad with Dressing Plums & Milk <i>Alternate: Egg Salad</i>	16 <u>Lunar New Year Celebration</u> Baked Lemon Salmon Dumpling, Rice Pilaf Bok Choy or Broccoli Dinner Roll, Orange & Milk <i>Alternate: Omelet</i> <i>* Almond Cookie</i>
19 <b>CENTER CLOSED For PRESIDENTS' DAY</b>	20 Baked Chicken with Cacciatore Sauce Fusilli Pasta Marinara Italian Vegetables Pear & Milk <i>Alternate: Tuna Salad</i>	21 Falafel Patties Yellow Rice and Peas, Hummus Israeli Salad, Pita Bread Nectarine & Milk <i>Alternate: Egg Salad</i> <i>*Birthday Cake</i>	22 Teriyaki Glazed Fish Brown Rice Butternut Squash Whole Wheat Bread Plums & Milk <i>Alternate: Spanish Omelet</i>	23 Roasted Chicken Sweet Potatoes Seasonal Vegetables Challah Bread Applesauce & Milk <i>Alternate: Breaded Fish</i>
26 Swedish Meatballs with Turkey (Dairy-free) Egg Noodles Steamed Sliced Carrots Whole Wheat Bread Nectarine & Milk <i>Alternate: Tuna Salad</i>	27 Vegetarian Three Bean Chili (Pre-prepared) Brown Rice Italian Blend Vegetables Whole Wheat Bread Apple & Milk <i>Alternate: Spanish Omelet</i>	28 Beef Pot Roast/Sauteed Onions and Peppers Mashed Sweet Potatoes Creamy Spinach Whole Wheat Bread Applesauce & Milk <i>Alternate: Tuna Salad</i>	29 Asian Style White Fish with Cilantro Roasted Butternut Squash Steamed Green Beans Whole Wheat Bread Banana & Milk <i>Alternate: Sliced Turkey</i>	

Strictly GLATT KOSHER. Milk served on the way out. Menu can change without prior notice. Funded in part by NYC Department for the Aging.

**Calendar of Activities: FEBRUARY 2024**

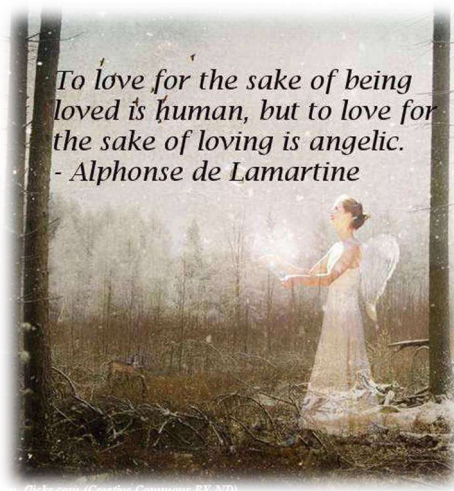
**The Center will be closed on Monday, February 19. On the preceding Friday (the 16<sup>th</sup>), Center will close right after the show.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) <b>Ping Pong</b>	8:30- 9:30 (M4) <b>Ping Pong</b>	8:30- 9:45 (M4) <b>Ping Pong</b>	8:30- 12:00 (M4) <b>Ping Pong</b>	8:30- 10:45 (M4) <b>Ping Pong</b>
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) <b>Leisure Games</b>	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 11:00 (M3) <b>Leisure Games</b>	10:00- 12:00 (M4) <b>Oil Painting</b>	10:00- 11:00 (Computer Lab) <b>Today's Technology</b>	10:30- 12:00 (M2) <b>English for Chinese</b>	11:00- 12:00 (M4) <b>Bingo</b>
11:00- 12:00 (M2) <b>Staywell Exercise</b>	10:45- 12:15 (M3) <b>Blood Pressure Screening</b>	11:00- 12:00 (Computer Lab) <b>Surfing the Internet</b>	10:00- 11:00 (M3) <b>Chinese Culture Group Advanced Dancing</b>	<b>Workshops</b> (11:15 am, Crystal Room)
11:00- 12:00 (M3) <b>Current Events</b>	11:00- 12:00 (M2) <b>Interesting &amp; Informative Discussion</b>	10:00- 12:00 (M4) <b>Chinese Culture Group Advanced Singing</b>	<b>Workshops</b> (11:15 am, Crystal Room)  *2/8 Credit and Credit Management by Rohan Narine, Dept of State Consumer Protection  *2/15 SNAP Presentation by Kim Lerner of SNAP  *2/22 SCHE by Kim Lerner	*2/2 Workshop by Kathy McGuy from SNAP – How to prevent being scammed out of your benefits and how to identify early signs of benefit scam.
12:30- 3:45 (M4) <b>Ping Pong</b>	12:30- 3:00 (M4) <b>Drawing</b>	12:30- 3:45 (M4) <b>Ping Pong</b>	12:30- 3:45 (M4) <b>Ping Pong</b>	<b>Center closes right after the Performance on 2/16</b>
12:30- 2:30 (M3) <b>Melodians Practice</b>	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) <b>Leisure Games</b>	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M4) <b>Ping Pong</b>
1:00- 2:00 (Computer Lab) <b>Technology Assistance</b>	1:00- 3:45 (M3) <b>Arts &amp; Crafts (Jewelry)</b>	1:00- 2:00 (M2) <b>Chinese Culture Group Advanced Dancing</b>	1:00- 3:45 (M2) <b>Arts &amp; Crafts (Needlepoint)</b>	1:00- 3:30 (Computer Lab)
1:30- 2:30 (Crystal Room) <b>Zumba Gold</b>	1:00- 2:00 (M2) <b>Drama Group</b>	1:00- 3:30 (Computer Lab)	1:30- 2:30 (Crystal Room) <b>Line Dancing</b>	<b>Entertainment</b> (1:15-2:15 pm, Crystal Room)
2:00- 3:30 (Computer Lab)	1:30- 2:30 (Crystal Room) <b>Tai Chi</b>	1:30- 2:30 (Crystal Room) <b>Yoga</b>		*2/2 Movie
2:30- 3:30 (M3) <b>Leisure Games</b>				*2/9 Juan Ortega
				*2/16 Lunar New Year Celebration Program
				*2/23 JJ Burton

Funded in part by NYC Department for the Aging. Schedule can change without prior notice.

## RULES FOR LUNCH

1. Please refrain from talking when the Director is addressing the group
2. Before lunch, members waiting for lunch should not stand in front of the lunch service tables until their group's numbers are called.
3. Only those whose group numbers are called should be on line. There will be a penalty if you get on line before your group is called. You will have to wait until the end of lunch to be served.
4. Keep your ticket intact. Only a lunch service person may tear your ticket. Members with torn tickets will have to wait until the end of the lunch to be served
5. Upon completion of eating, please carry your tray, plates, plastic ware and left over, to the garbage receptacles in the dining room
6. Please leave the dining room upon finishing your meal, unless you are attending the next activity scheduled for the dining room.



AUSTIN STREET OLDER ADULT CENTER  
106-06 QUEENS BOULEVARD  
FOREST HILLS, NY 11375  
TEL: (718) 520-8197

Funded in Part by the NYC-Aging

# Monthly Newsletter

## February 2024

### AUSTIN STREET OLDER ADULT CENTER

Open for all in-person Activities at  
100% Capacity



Visit Us

106-06 Queens Boulevard  
Forest Hills, NY 11375



**Questions? Contact us:** (718) 520-8197  
Barrington McFarlane - Program Director,  
MSW, BA

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Naoto Yoshida - Database Coordinator

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Jolanda Jeffrey— Social Worker

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Roseann Rosado, Managing Director - Senior  
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*Funded in-part by NYC—Aging*

## YOUR HOME AWAY FROM HOME

**LIVE KARAOKE —BINGO, MAHJONG, RUMMIKUB**

**& OTHER GAMES OF YOUR CHOICE**

Blood Pressure Screening/ workshops

Informative discussion sessions/English conversation

Live entertainment

Yoga/tai chi/Zumba/StayWell exercise/

Computer classes/ technology assistance

**& a lot more**



MESSAGE FROM PROGRAM DIRECTOR— *Barrington McFarlane*

Hello! Hello! Hello! You were wonderfully made and deserves to love yourself more, despite whatever challenge/s you are facing today. If you are reading this newsletter, you are here for a purpose, so let me remind you, just in case you have forgotten. I remain focused and determined and committed to provide you with the best of what Selfhelp Austin Street Older Adult Center (OAC) has to offer. While we still have a far way to go, you have all helped us to achieve success in many areas. However, I would like to see more involvement from you in the form of volunteering, suggestions, and even criticism. Criticism doesn't always have to be associated with a bad connotation. Criticism can also be constructive. You all know that my staff and I are always willing to listen. We may not always have all the right answers, or tell you what you would like to hear, but at least, we always strive to be honest and sincere. Please refrain from being silent, especially when there are pressing issues that affect you, your fellow members, and even members of staff. Remember, we can't fix what is broken if we are not aware that it is broken. What you regard as a problem (and your refusal to complain), I see as an opportunity to make improvement.

Thanks to our donor who wishes to remain anonymous - tables in the Crystal Room are now fitted with new covers. I am sure that most of you can look back and admit that many positive changes/improvements have been made to Austin Street. For those who might be reading and have not visited in a while, I encourage you to stop by and see for yourself. Decluttering has started as promised, and the noticeably changes will be seen when you visit our office. It might take some time, but the M-Rooms will be painted, after minor repairs are effected. We should be receiving a worthy donation of a "Baby Grand" piano very soon, if all goes well.

Roseann has now moved to her new office in Maspeth, and going forward, will be visiting Austin Street once per week. In the same breath, I would like to welcome our new Administrative Assistance, Sylvia Liu to Selfhelp Austin Street. Sylvia replaces Steve – the long search is now over. Also, we might have found a replacement for our past drawing and painting teacher, Virginia. Someone has formally accepted the offer to join our team. I will keep you abreast, as the on-boarding process unfolds. Fortunately for us, we have also being able to sign an agreement with a special high school, which have been providing us with students to assist at lunch time. They have been doing an outstanding job so far and I do hope that they will be with us until this summer as promised.

We have recently submitted our "ask" for the fiscal year 2025, and remain hopeful that the proposed budget cuts announced by the mayor, does not affect our programming in any way. We are facing serious challenges with our numbers, as it relates to "meal count", here at Austin Street. My understanding is that this is partially attributed to meal preparation (caterer) and not necessarily the daily menu. Please correct me if I am being misinformed. I need to hear from you all. In addition, contributions/donations towards meals have plummeted. Sadly, if this trend continues, we might have no other choice but to cut back on treats. I hope we don't have to remove treats.

Thanks you once more to our volunteers, PSRLs, PAC, and my staff, for the hard work and dedication to the cause. Thanks to Jolanda and Naoto for their outstanding job, especially in filling the void since Steve's departure. I need you all as my extra eyes and ears to fulfill my daily obligation, which is ensuring that older adults are safe, remain safe, happy, healthy, while enjoying their golden years/retirement/older years. Thank you all for being a part of the Austin street OAC family.

**Safety Net Assistance (SNA)**



**Safety Net Assistance (SNA) provides cash assistance to eligible needy individuals and families who are not eligible for FA. SNA is for: Single adults, Childless couples, Children living apart from any adult relative, Families of persons found to be abusing drugs or alcohol, Families of persons refusing drug/alcohol screening, assessment or treatment & Non-citizens who are eligible for TA, but who are not eligible for federal reimbursement**

**Recipients of SNA who are determined to be able to work must also comply with work requirements to receive SNA benefits.**

**Generally, you can receive cash SNA for a maximum of two years in a lifetime. After that, if you are eligible for SNA, it is provided in non-cash form, such as a payment made directly to your landlord or voucher sent directly to your utility company. In addition, non-cash SNA is provided for:**

- **Families of persons found to be abusing drugs or alcohol**
- **Families of persons refusing drug/alcohol screening, assessment, or treatment**
- **Families with an adult who has exceeded the 60-month lifetime time limit**

**Emergency Benefits**

**Emergency Assistance is a category of Temporary Assistance that helps resolve an urgent need or situation. Some examples include: You are homeless, You have little or no food, Your landlord has told you that you must move or has given you eviction papers, You do not have fuel for heating in the cold weather period, Your utilities are shut-off or are about to be shut-off, or you have a 72-hour disconnect notice, You or someone in your family has been physically harmed, or threatened with violence by a partner, ex-partner or other household member**

**If you and/or your family are experiencing an emergency situation, you may be eligible for emergency assistance. Some examples of emergency assistance programs include, but are not limited to: Payment of shelter arrears, Payment of utility arrears, Payment of fuel and/or cost of fuel delivery, Payment of Domestic Violence Shelter costs, Payment of Temporary Housing (Hotel/Motel) costs**

**ELIGIBILITY**

**Each individual and household's circumstances are different, and several factors may impact a household's eligibility for benefits, including household size, housing situation, income level, type of income, resources and other benefits received. In addition, there are certain eligibility requirements for applicants and recipients of Temporary Assistance, such as drug and alcohol screening and assessment, cooperation with child support enforcement activities, and cooperation with employment activities (e.g., job search).**

## Temporary Assistance (TA)

Temporary Assistance (TA), also known as Public Assistance (PA), is temporary help for needy adults, and children. If you are unable to work, can't find a job, or your job does not pay enough, TA may be able to help you pay for your expenses.

### Benefits

The two primary Temporary Assistance programs are Family Assistance and Safety Net Assistance. These programs provide the same level of assistance to a household but serve different populations and have some different rules.

### Family Assistance (FA)

Family Assistance (FA) provides cash assistance to eligible needy families that include a minor child living with a parent/parents or a caretaker relative. FA operates under federal Temporary Assistance for Needy Families (TANF) guidelines.

Under FA, eligible adults are limited to receiving benefits for a total of 60 months in their lifetime, including months of TANF-funded assistance granted in other states. Once this limit is reached, that adult and all members of their FA household are ineligible to receive any more FA benefits. The months need not be consecutive, but rather each individual month in which TANF-funded benefits are received is included in the lifetime count.

Parents and other adult relatives receiving FA who are determined to be able to work must comply with federal work requirements to receive FA benefits.

As a further condition of FA eligibility each person who applies for or is receiving FA is required to cooperate with State and local departments of social services in efforts to locate any absent parent and obtain support payments and other payments or property. Non-cooperation without good cause could result in lower FA benefits.

## !!ATTENTION!!

Meals are served at a temperature of 140° F and over for hot meals, and 40° F for cold meals. If you take home food, you're at risk of food spoiling because of weather. Taking food home from the center is done at your own risk. Thank you.

### SELFHELP AUSTIN STREET NOW AT 100%

Selfhelp Austin street Older Adult Center is now operating at 100%. Wearing of mask is optional within the center, including the office. No food or drinks is allowed in any room other than the lunch room. Strictly no outside food or drink allowed within the center, and drinking of milk is prohibited within the center.

### UPDATE OF PERSONAL INFORMATION

We are currently in the process of updating members' data. Our Data Entry Coordinator, Naoto, has been reaching out to members, so don't be surprised if you receive a call from him, requesting to update you information. It is a requirement from Department for Aging. We want to be able to contact you or your emergency contact, in the event that the need arises. Please note that this update takes approximately 5—10 minutes in-person or over the phone with Naoto. So, if you do receive a call from Naoto, it is not a SCAM call.



## REGISTRATION

If you are not registered for services at this center, and are interested in becoming a member, please stop in the office to make an appointment with one of the employees. You can also request an appointment by phone by calling the following number—(718) 520-8197. Please note that only 2 registrations are done daily – **9:30 a.m.** and **1:15 p.m.** **At this time, we are not accepting “walk-ins.”** Thank you.

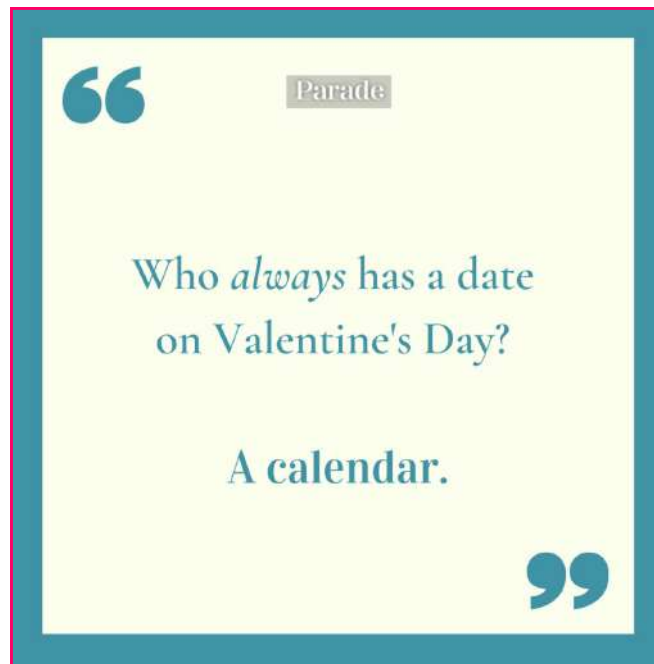
**Please have the following documents available if you plan on becoming a member:**

1. Proof of age—drivers license , passport or other photo ID
2. Emergency Contacts such as spouse, child, friend, or family member—their name, address and telephone number.
3. Name, address and telephone number of Primary Care Physician
4. List of medications—including dosage, frequency and reason for taking

## BARCODE

If you have lost your barcode, please stop in the office and see Noato or Jolanda to get a replacement. We are again scanning, so please have your barcodes on hand. When you write your name for the class you are participating in, **PLEASE PRINT CLEARLY - FIRST AND LAST**





Since more and more seniors are texting and tweeting, there appears to be a need for a **STC** (Senior Texting Code):

**LMDO**: Laughing My Dentures Out

**BFF**: Best Friend Fainted

**ATD**: At The Doctor's

**BTW**: Bring The Wheelchair

**BYOT**: Bring Your Own Teeth

**CBM**: Covered By Medicare

**CUATSC**: See You At The Senior Center

**FWB**: Friend With Beta Blockers

**FWIW**: Forgot Where I Was

**What do kids play on Leap Day?**

Hop-sotch

**Where do most people eat on Leap Day?**

IHOP.

**Can February march?**

No, but April may.

**What do you say on the last day of the second month?**

February is ending today, but that's okay. We'll March on.



**Sitting Can Harm health, health experts says...**

The American Heart Association recommends reducing sedentary behavior and increasing physical activity to reduce the risk of heart disease and diabetes. While the exact amount of exercise needed to counteract the effects of sitting is not yet clear, the advice to "sit less, move more" is encouraged. Incorporating at least 30 minutes of moderate exercise, such as brisk walking, into daily routines is recommended. It's also suggested to take regular breaks from sitting, particularly for desk-bound workers, in order to promote better health.

Prolonged sedentary time, regardless of physical activity levels, can have negative effects on heart and vascular health, according to a statement by researchers. Sedentary behaviors include sitting, reclining, or lying down while awake, as well as activities like reading and watching television. U.S. adults are found to be sedentary for about six to eight hours a day, with older adults spending even more time in sedentary activities. The shift from more active jobs in the past to predominantly sedentary jobs today is noted. Physiological changes occur when physically active individuals become inactive, affecting insulin utilization for converting food to glucose. The researchers stress the need for further understanding of sedentary time's impact, noting that existing studies indicate trends but don't establish cause and effect.

The American Heart Association (AHA) addresses the evolving eating patterns in the U.S., emphasizing the importance of when we eat. According to their recent statement, Americans tend to eat around the clock, prompting concerns about its impact on health. The AHA committee's review suggests potential benefits of breakfast and cautions against late-night eating, citing its association with weight gain. The report also notes a decline in the percentage of people eating three meals a day, with skipping breakfast linked to inadequate nutrient intake.

While evidence on optimal eating times is inconclusive, the AHA recommends mindful eating, encouraging individuals to plan both what and when they eat to combat emotional eating. The report highlights the need for further research on the health effects of meal timing as Americans continue to shift their eating habits.



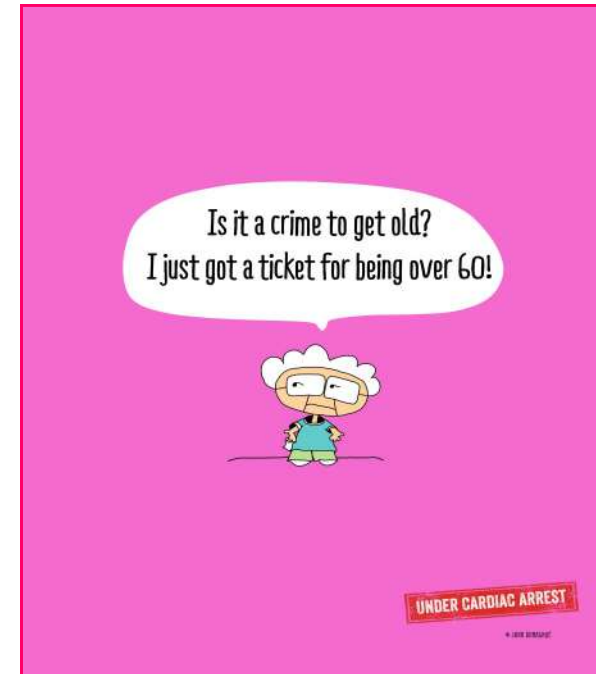
## Heart Awareness Month

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

### DID YOU KNOW?

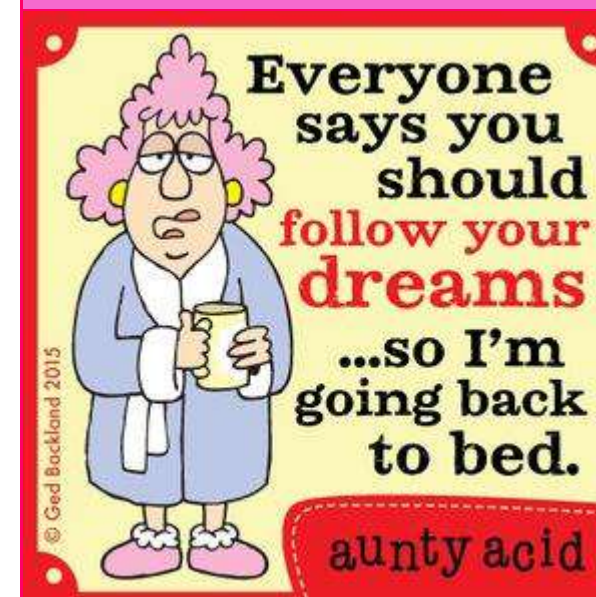
- ♥ Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were in men.
- ♥ About 610,000 Americans die from heart disease each year—that's 1 in every 4 deaths.
- ♥ Coronary heart disease is the most common type of heart disease, killing about 365,000 people in 2014.
- ♥ In the United States, someone has a heart attack every 42 seconds. Each minute, someone in the United States dies from a heart disease related event.
- ♥ Heart disease is the leading cause of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics, and whites. For Asian Americans or Pacific Islanders and American Indians or Alaska Natives, heart disease is second only to cancer.
- ♥ Heart disease costs the United States about \$207 billion each year, this total includes the cost of health care services, medications, and lost productivity.
- ♥ Obesity contributes to five of the ten leading causes of death in the U.S. including heart disease, type 2 diabetes, cancer, stroke and kidney disease.
- ♥ 94% of American Schools fail to meet federal standards for fat and saturated fat in school lunches.
- ♥ High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors.
- ♥ Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including: *Diabetes ,Overweight & obesity , Poor diet, Physical inactivity & Excessive alcohol use*

## ♥SENIOR JOKES & CARTOONS♥



Two men meet on opposite sides of a river. One shouts to the other, "I need you to help me get to the other side!" The other guy replies, "You're on the other side!"

Two cows are grazing in a field. One cow says to the other, "You ever worry about that mad cow disease?" The other cow says, "Why would I care? I'm a helicopter!"



Two windmills are standing in a wind farm. One asks, "What's your favorite kind of music?" The other says, "I'm a big metal fan."



### Hard of Hearing

Morris, an 82-year-old man, went to the doctor to get a physical.

A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doctor, 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I



Share your stories/special events/pictures with us if you would like to be featured in our monthly Newsletter.



Members dancing and having fun with entertainment  
by TOMMY ANDERSON

1/26/2024

## BUZZ CORNER & IMPORTANT DATES

**Friday, 2/16 – Center Close right after performance**

**Monday, 2/19 – Closed for President's day**

### **ADMINISTRATIVE POSITION—AUSTIN STREET; ROLE FILLED**

We are pleased to announce the successful fulfillment of the Administrative Assistant position at our Senior Center. We welcome Sylvia Lui, her experience and dedication make a valuable addition, and we look forward to the positive contributions she will bring to our community.

**Friday, 2/9 – Entertainment by Juan Ortega**

**Thursday, 2/15- SNAP Presentation by Kim Lerner**

**Friday, 2/16- Lunar New Year Celebration Program**

**Tuesday 2/ 21 – Nutrition Presentation by Amelia**

**Thursday, 2/22- Senior Citizen Homeowners' Exemption (SCHE) by Kim Lerner**

**Friday, 2/23 – JJ Burton**