

Selfhelp Austin Street Older Adult Center 106-06 Queens Boulevard, Forest Hills, NY 11375 Tel: 718-520-8197
Monthly Menu: MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	GLATT KOSHER			1 Roasted Chicken Rice A Roni Zucchini Provencal Challah Bread Fruit & Milk Alternate: Tuna Salad
4 Baked Chicken, Peppers, onions Pasta w/ Tomato sauce Italian Vegetables Garlic Bread Fruit & Milk Alternate: Breaded Fish	5 Lentil Stew Brown Rice Braised Red Cabbage Whole Wheat Bread Fruit & Milk Alternate: Spanish Omelet *Cup Cake	6 Beef Goulash White Rice Broccoli Soufflé Whole Wheat Bread Fruit & Milk Alternate: Breaded Fish	7 Salmon with Dill Sauce Roasted Butternut Squash Creamy Spinach Whole Wheat Bread Fruit & Milk Alternate: Sliced Turkey	8 Roasted Chicken Roasted Red Potatoes Honey Glazed Carrots Challah Bread Fruit & Milk Alternate: Tuna Salad
11 Shepherd's Pie Garden Salad w/Dressing Whole Wheat Bread Fruit & Milk Alternate: Egg Salad	12 Chicken Marsala White Rice Beets and onions Whole Wheat Bread Fruit & Milk Alternate: Tuna Salad	13 Stuffed Cabbage Kasha Varnishkes Ratatouille Whole Wheat Bread Fruit & Milk Alternate: Spanish Omelet	14 Chick Pea Stew w/Cauliflower Brown Rice Steamed Green Beans Whole Wheat Bread; Fruit & Milk Alternate: Breaded Fish *Almond Cookie	15 <u>St. Patrick's Day Luncheon</u> Corned Beef with Cabbage Baked Potatoes Steamed Carrots Rye Bread; Fruit Cup Green Cup Cake Alternate: Tuna Salad
18 Hawaiian Chicken Mashed Sweet Potatoes Creamy Spinach Whole Wheat Bread Fruit & Milk Alternate: Spanish Omelet	19 Turkey Burger/ Ketchup Roasted Potatoes Blended Vegetables Plain Bun Fruit & Milk Alternate: Tuna Salad	20 Salmon with Dill Sauce Rice-A-Roni Zucchini Provencal Whole Wheat Bread Fruit & Milk Alternate: Sliced Turkey	21 Dairy-free Eggplant Rollatini Tossed Garden Salad w/Dressing Garlic Bread Fruit & Milk Alternate: Egg Salad *Birthday Cake	22 <u>Purim</u> Roasted Chicken Sweet Noodle Kugel Spiced Cauliflower Challah Bread; Fruit & Milk Alternate: Breaded Pollack * Hamantaschen
25 Chinese Style Pepper Steak Vegetable Lo Mien Oriental Vegetables Whole Wheat Bread Fruit & Milk Alternate: Tuna Salad	26 Baked Honey Chicken Herbed Roasted Potatoes Cut Green Beans Whole Wheat Bread Fruit & Milk Alternate: Spanish Omelet	27 Salmon Cake w/Lemon Dill Roasted Butternut Squash Ratatouille Whole Wheat Bread Fruit & Milk Alternate: Sliced Turkey	28 Bean Burrito Brown Rice with Cilantro Tossed Salad w/Dressing Whole Wheat Bread Fruit & Milk Alternate: Egg Salad *Black/White Cookie	29 Roasted Chicken Roasted Red Potatoes Steamed Carrots Challah Bread Fruit & Milk Alternate: Breaded Pollack

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

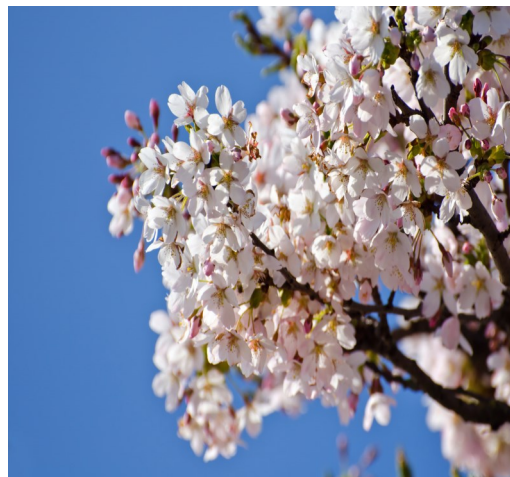
Selfhelp Austin Street Older Adult Center 106-06 Queens Boulevard, Forest Hills, NY 11375 Tel: 718-520-8197
Calendar of Activities: MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) Ping Pong	8:30- 9:30 (M4) Ping Pong	8:30- 9:45 (M4) Ping Pong	8:30- 12:00 (M4) Ping Pong	8:30- 10:45 (M4) Ping Pong
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) Leisure Games	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 11:00 (M3) Leisure Games	10:00- 12:00 (M4) Oil Painting	9:30- 11:00 (Ballroom) Chinese Culture Club Dancing	10:30- 12:00 (M2) English for Chinese (No class on 3/7)	11:00- 12:00 (M4) Bingo
11:00- 12:00 (M3) Current Events	10:45- 12:15 (M3) Blood Pressure Screening	10:00- 11:00 (Computer Lab) Today's Technology	11:15 am (Crystal Room) *3/14 Presentation on HEAP by Kim Lerner	11:15 am (Crystal Room) *3/15 Online Safety: How to recognize and avoid scam/fraud by Division of Consumer Affairs
11:00- 12:00 (Ballroom) Staywell Exercise	11:00- 12:00 (M2) Interesting & Informative Discussion 11:45 am (Crystal Room) *3/12 General Membership Meeting	11:00- 12:00 (Computer Lab) Surfing the Internet 10:00- 12:00 (M4) Chinese Culture Group Singing 11:15 am (Crystal Room) *3/6 Nutrition Presentation by Amelia		
12:30- 3:45 (M4) Ping Pong	12:30- 3:00 (M4) Drawing	12:30- 3:45 (M4) Ping Pong	12:30- 3:45 (M4) Ping Pong	1:00- 3:45 (M4) Ping Pong
12:30- 3:00 (M3) Melodians Practice (Note: No practice on 3/18)	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) Leisure Games	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)
1:00- 2:00 (Computer Lab) Technology Assistance	1:00- 3:45 (M3) Arts & Crafts (Jewelry)	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M2) Arts & Crafts (Needlepoint)	Entertainment (1:15-2:15 pm, Crystal Room) *3/1 Juan Ortega
1:30- 2:30 (Crystal Room) Zumba Gold	1:00- 2:00 (M2) Drama Group	1:30- 2:30 (Ballroom) Yoga	1:30- 2:30 (Crystal Room) Line Dancing (Note: No class on 3/14)	*3/8 Karaoke
2:00- 3:30 (Computer Lab)	1:30- 2:30 (Crystal Room) Tai Chi			*3/15 (1:30-3:00) St. Patrick's Day Party w/ Tribute Artists Greg Peters & JJ Burton
3:00- 3:45 (M3) Leisure Games				*3/22 Movie *3/29 Tony Gapp

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.



"If you *judge* people,
you have no
time to *love* them."

- MOTHER THERESA



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

MARCH 2024

AUSTIN STREET OLDER ADULT CENTER

Austin Street Senior Center



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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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/ping pong/Drama/Arts & Craft/
Line Dancing/Chinese Culture dancing & Singing/Current Events/Drawing
& oil painting**

MESSAGE FROM PROGRAM DIRECTOR— *Barrington McFarlane*

Special greetings to you all. As we glide away from the cold winter weather and look forward to spring, I know that you are all happy that this winter was mild, compared to some of those in the past. More importantly, I am delighted to know that many of you have been making the effort to come out and enjoy the programming that Austin Street has to offer. I thank you for that.

However, despite the fact that many persons have been visiting the center on a regular basis, the number for daily attendance have somewhat “dipped” significantly. Donations and contributions towards meals and classes have reduced significantly. We are aware that the quality of the meals being served plays an integral role in membership turnout. Notwithstanding that, contributions remain low even when we have special meals. The meal planning committee and I met with a representative from the caterer, and I can fairly say, also speaking on behalf of those present, it was a productive meeting. Some changes were implemented before and after the meeting, and I look forward to making further requests for changes to the meals as necessary. Please be mindful that meals, membership attendance, and meeting our operational goals, are all tied to funding. Poor performance in general will definitely hinder us from securing good contracts and funding, especially if you don’t play your part in participating in the areas mentioned above. I implore you, let us do this together.

There has been some confusion as it relates to us getting members sign their consent form. My staff and I have been working assiduously and relentlessly, to ensure that we meet the deadline given to us by Department for the Aging (DFTA). To explicitly clear, this request is coming from DFTA. For those of you who are scared and concerned, I do understand, but I can assure you, signing a consent will be more beneficial than harmful to you. For one, your information cannot be shared without your consent. In addition, without a signed consent, you WILL NOT be able to participate in any of our programming. You will be limited to attending for meals only. Please call the office or stop by and speak with one of our staff members for further explanation if you are still undecided.

Our Lunar New Year celebration was a huge success. A special thank you to Bell and Tina who took the lead. With their great effort and dedication, they were able to - put together a wonderful team, schedule practice, organize the event, and finally present us all at Austin Street with a lovely show. A BIG THANK YOU to those who participated and to the audience, we appreciate your support. For those who were not able to attend, I hope you will be able to make a bigger effort to attend the next show and any other event at Austin.

In our last newsletter, I mentioned the possibility of us hiring a new Drawing/Painting instructor. Well, ChrisTina is that new instructor. She is now a part of the Austin Street PSRL. Please encourage your fellow members to come out and enjoy painting and drawing again, along with the other programming that Austin has to offer. Your support matters. In the same breath, I am making an appeal to you all to give some extra support/attention to Interesting & Informative Discussion and Current events. Numbers matters, and in order for us to continue seeking funding for these areas, we have to show that these classes are making a difference. Please see me if you have any ideas/suggestions.

Please come out and support our Saint Patrick’s Day luncheon on Friday, March 15. Remember, FIRST COME, FIRST SERVE. You are in for a special treat with a father and son performance – ELVIS & SON. You can’t afford to miss this. Also, stay tuned for the date when a new performer will be at Austin.

Thank you all for whatever contribution you have made to Austin – Staff, PSRLs, volunteers, members all alike. I do appreciate you all. Enjoy a good read and have a wonderful month of March.

ELDERLY PHARMACEUTICAL INSURANCE COVERAGE **(EPIC)**

EPIC is a free New York State program that helps income-eligible older adults aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. EPIC helps pay the Medicare Part D drug plan premiums for low to moderate income members. EPIC also provides supplementary drug coverage for Part D covered drugs and Part D excluded drugs purchased while in the Medicare Part D coverage gap.

To join EPIC, an older adult must be:

- ⇒ A NYS resident age 65 or over
- ⇒ Have an annual income below \$75,000 if single or \$100,000 if married.
- ⇒ Be enrolled or eligible to be enrolled in a Medicare Part D plan (no exceptions)
- ⇒ Not be receiving full Medicaid benefit. (Those on Medicaid Spend Down may be eligible.)

NEW YORK WEATHERIZATION ASSISTANCE PROGRAM

[New York Weatherization Assistance Program](#) | [Benefits.gov](#)

What is New York Weatherization Assistance Program?

Weatherization Services reduces the amount of energy required to heat homes and provide hot water. The majority of homes in New York state were built when energy was relatively inexpensive. These homes are significantly more costly to heat than a newer energy-efficient home.

Who is eligible for New York Weatherization Assistance Program?

To be eligible for this benefit program, you must be a resident of New York. Preference may be given to:

- ⇒ People over 60 years of age
- ⇒ Families with one or more members with a disability
- ⇒ Families with children (in most states)

Under DOE guidelines, you are automatically eligible to receive weatherization assistance if you receive Supplemental Security Income (SSI) or Temporary Assistance to Needy Families (TANF).

!!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 Sylvia 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 NAME!**

Puzzles

	3							
	6	1			2			
			9	3			5	
	1	3						
			7	9				
		8	4				2	7
			2			4	8	
	9	4	3	1	8	5		
						1		

		5		3				7
		1					2	3
2		3	1				6	
9		4	8					
					7		1	
	2	8						9
	5				4			
	6			5	1		9	
				9	6	2		8

Results can be found
on next section page*

What About Screening?

- Screening should begin at age 45 for average risk adults with no family history.
 - Colorectal polyps are common in American adults. Anywhere between 15 and 40% of adults may have colon polyps. Approximately 3.4% of polyps are precancerous.
 - Screening for colorectal cancer through a colonoscopy can prevent cancer by removing pre-cancerous polyps.
 - There are [many screening tests available](#), including some non-invasive, inexpensive tests that can be done in the privacy of your own home.
 - Being screened at the recommended frequency increases the likelihood that when colorectal cancer is present, it will be detected at an earlier stage.
 - When colorectal cancer is detected in its early stages it is more likely to be cured, treatment is less extensive, and the recovery is much faster.
 - The risk of developing or dying from colorectal cancer can be reduced by maintaining a healthy body weight, regular physical activity, limiting intake of red and processed meats, and by not smoking.
- Colorectal cancer doesn't always cause symptoms, and symptoms may not appear until the cancer is more advanced, so on-time screening is critical



What else?

- Colorectal cancer screening rates have slowly increased, but rates still remain low, especially among those who are uninsured.
- Colorectal cancer incidence rates in individuals of screening age have been declining in the US since the mid-1980s, due to increased awareness and screening.
- Colorectal cancer usually develops slowly over a period of 10 to 15 years.
- Colorectal cancer rates in the US vary widely by geographic area. Contributing factors include regional variations in risk factors and access to screening and treatment.
- Racial/ethnic groups have a higher mortality rate from colorectal cancer because they are less likely to be screened on-time, have less access to screening, and less likely to have colorectal cancer detected at its earliest stages.
- [51% of those ages 50-54](#) are [not up to date](#) on their colorectal cancer screening.
- [Total treatment cost](#) for colorectal cancers in the United States is about [\\$14 billion](#) per year.

With on-time screening and testing, colorectal cancer is **Preventable**, **Treatable** and **Beatable**.

Colorectal Cancer Awareness Month

About Colorectal Cancer

- Colon cancer is cancer of the colon. Rectal cancer is cancer in the rectum. Together they are *colorectal*.
- It is the **fourth** most commonly diagnosed cancer and the **second** leading cause of cancer death.
- Colorectal cancer affects **men and women**, and people of **all races and nationalities**.
- 30% of CRC diagnoses are under the age of 55.
- The 5-year relative survival rate for stage 1 and stage II colon cancer is 90%; the 5-year survival rate for patients diagnosed at stage III is 71% and stage IV is 14%.

Often, those who are diagnosed with colorectal cancer have **experienced no signs or symptoms** associated with the disease.

Family History

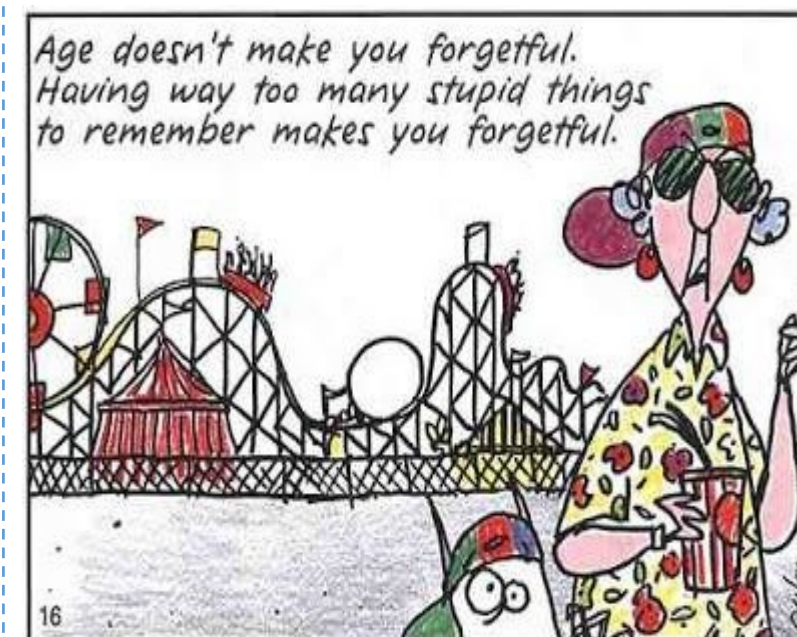
- People with a parent, sibling, or offspring with colorectal cancer have 2 or 3 times the risk of developing colon cancer compared to those with no family history of the disease.
- While most people diagnosed with colon cancer have no family history of the disease, those with a **family history should begin screening at an earlier age**.
- When a relative is diagnosed at a young age or if there is more than one affected relative, the risk of developing colorectal cancer increases to three to six times that of the general population.
- Up to one-third of people diagnosed before 50 have a family history or genetic predisposition.

5% of patients have an inherited genetic condition such as Lynch syndrome (Hereditary Non-Polyposis Colon Cancer or HNPCC), Familial Adenomatous Polyposis (FAP), or MYH Associated Polyposis (MAP).

SENIOR JOKES & CARTOONS

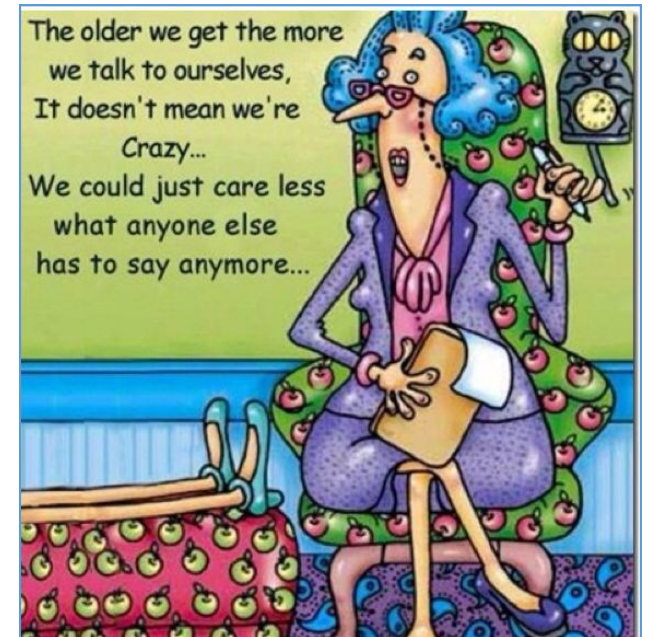


There are four stages of old age:
You forget names. Then you forget faces. Next, you forget to zip up. And finally, you forget to zip down.



YOU KNOW YOU'RE OLD WHEN YOUR KNEES GIVE YOU A MORE ACCURATE WEATHER FORECAST THAN THE GUY ON THE TV.

When you're 20 and you drop something, you pick it up.
When you're 80 and you drop something, you decide you don't need it anymore.



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 Juan Ortega 2/9/2024



Valentines Day performance by the Drama Group 2/14/2024



LUNAR NEW YEARS CELEBRATION 2/16/2024

BUZZ CORNER & IMPORTANT DATES

Thursday, 3/14 – Line Dancing CANCELLED

Wednesday, 3/13– YOGA CANCELLED

Results for Sudoku

5	3	9	1	7	6	2	4	8
4	6	1	5	8	2	7	3	9
8	2	7	9	3	4	6	5	1
7	1	3	8	2	5	9	6	4
6	4	2	7	9	3	8	1	5
9	5	8	4	6	1	3	2	7
1	7	6	2	5	9	4	8	3
2	9	4	3	1	8	5	7	6
3	8	5	6	4	7	1	9	2

6	9	5	4	3	2	1	8	7
4	7	1	5	6	8	9	2	3
2	8	3	1	7	9	4	6	5
9	1	4	8	2	5	7	3	6
5	3	6	9	4	7	8	1	2
7	2	8	6	1	3	5	4	9
3	5	9	2	8	4	6	7	1
8	6	2	7	5	1	3	9	4
1	4	7	3	9	6	2	5	8

CONSENT FORMS

It is imperative that all participants at the Austin Street Older Adult Center promptly sign the consent forms. These forms are essential to ensure the safety, security, and well-being of everyone involved in our programs and activities. Therefore, we kindly request that all individuals complete and submit their consent forms as soon as possible. Please see Naoto or call the center to let us know if you will like to continue attending the center and complete the consent form.

Tuesday, 3/12– General membership meeting

Wednesday, 3/13– Nutrition presentation by Amelia

Thursday, 3/14– HEAP presentation by Kim Lerner

Friday, 3/15– Online Safety: How to recognize & avoid scam/fraud by Division of Consumer Affairs at 11:15 AM

Friday, 3/15- St. Patrick’s Day Party w/ Tribute Artists Greg Peters & JJ Burton (1:30-3:00)

Friday, 3/22– Movie

Friday, 3/29– Entertainment by Tony Gapp