

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Marsala Roasted Beets White Rice Whole Wheat Bread Apple & Milk Alternate: Tuna Salad	2 Shepherd's Pie w/ Turkey Garden Salad Whole Wheat Bread Orange & Milk Alternate: Egg Salad	3 Stuffed Cabbage w/ Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Kiwis (2) & Milk Alternate: Sliced Turkey	4 Curry Chickpea Stew (Pre-prep'd) Steamed Green Beans Brown Rice; Whole Wheat Bread Pear & Milk Alternate: Breaded Pollack *Almond Cookie	5 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce & Milk Alternate: Tuna Salad
8 Turkey Burger/ Sauteed Onions and Peppers California Blend Vegetables Roasted Potatoes Whole Wheat Pita Apple & Milk Alternate: Breaded Pollack	9 Chicken Spaghetti Casserole Tossed Salad w/ Dressing Whole Wheat Bread Orange & Milk Alternate: Spanish Omelet	10 Baked Salmon w/ Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Kiwis (2) & Milk Alternate: Sliced Turkey	11 Meaty Vegetarian Moussaka Tossed Salad w/ Dressing Fusilli Pasta w/ Parsley Whole Wheat Bread Pear & Milk Alternate: Tuna Salad *Birthday Cake	12 Roasted Chicken Vegetable Mix (Non-starchy) Sweet Noodle Kugel Challah Bread Applesauce & Milk Alternate: Egg Salad
15 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple & Milk Alternate: TBD	16 Chinese Style Pepper Steak Asian Blended Vegetables White Rice Whole Wheat Bread Orange & Milk Alternate: TBD	17 Salmon Cakes w/ Dill Lemon Sauce Vegetable Ratatouille Roasted Butternut Squash Whole Wheat Bread Nectarine & Milk Alternate: TBD	18 Whole Wheat Bean Burrito Tossed Salad w/ Dressing Rice and Beans Plums (2) & Milk Alternate: TBD Chocolate Chip Cookie	19 Roasted Chicken Sauteed Green Beans w/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce & Milk Alternate: TBD
22 FROZEN PASSOVER MEAL Baked Fish w/ Tomato & Herbs Mashed Potatoes Zucchini Fruit & Milk No Alternate	CENTER CLOSED FOR PASSOVER	CENTER CLOSED FOR PASSOVER	25 FROZEN PASSOVER MEAL Italian Meat Sauce Carrots Passover Pasta Fruit & Milk No Alternate	26 FROZEN PASSOVER MEAL Roasted Chicken w/ Brown Gravy Carrot Tzimmes Potato Kugel Fruit & Milk No Alternate
CENTER CLOSED FOR PASSOVER	CENTER CLOSED FOR PASSOVER			GLATT KOSHER

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: APRIL 2024

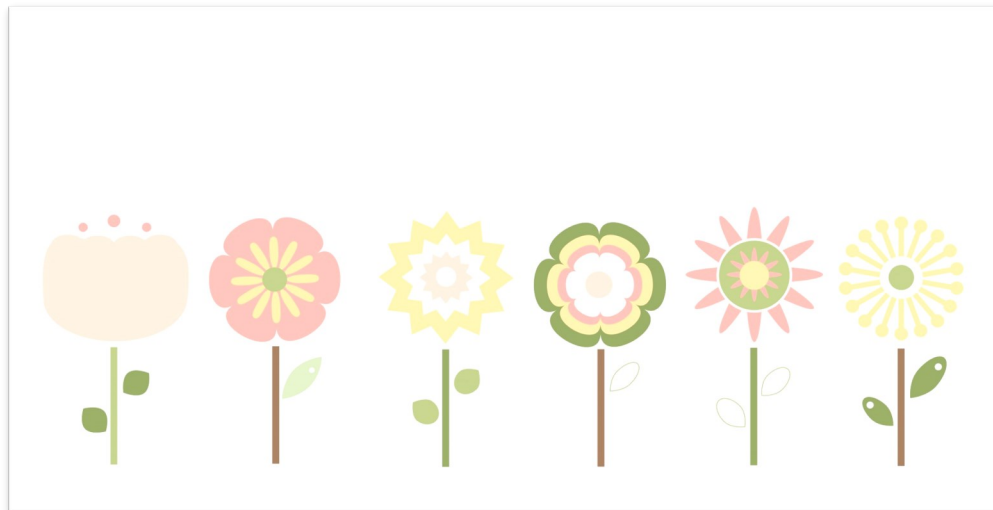
The Center will be closed on Tuesday and Wednesday, 4/23 -24, and on Monday and Tuesday, 4/29 -30.

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	11:00- 12:00 (M4) Bingo
11:00- 12:00 (M3) Current Events	10:45- 12:15 (M3) Blood Pressure Screening (Except on April 9)	10:00- 11:00 (Computer Lab) Today's Technology	10:45- 12:15 (M3) Blood Pressure Screening	
11:00- 12:00 (Ballroom) Staywell Exercise	11:00- 12:00 (M2) Interesting & Informative Discussion	11:00- 12:00 (Computer Lab) Surfing the Internet	11:15 am (Crystal Room) *4/18 Elderly Scam/ Pedestrian Safety - by Officer Ramirez, 112 Precinct	
	11:15 am (Crystal Room) *4/9 Nutrition Education - by Amelia	10:00- 12:00 (M4) Chinese Culture Group Singing		
	*4/16 Elder Abuse - by Raphael Arnold	11:15 am (Crystal Room) *4/3 Affordable Connectivity Program/SNAP/Lifeline - by Kim Lerner		
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 Rehearsal (Note: 4/1 and 4/8 only)	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)
1:30- 2:30 (Crystal Room) Zumba Gold	1:00- 2:00 (M2) Drama Group	2:30- 3:30 (Crystal Room) Tai Chi for Arthritis	1:30- 2:30 (Crystal Room) Line Dancing	*4/5 Juan Ortega
2:00- 3:30 (Computer Lab)	1:30- 2:30 (Crystal Room) Tai Chi for Arthritis			*4/12 Melodians Performance - Grand Finale (Treat after the Performance)
3:00- 3:45 (M3) Leisure Games				*4/19 J J Burton
				*4/26 Karaoke

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.



Selfhelp

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

APRIL 2024

AUSTIN STREET OLDER ADULT CENTER

Austin Street Senior Center



Visit Us 106-06 Queens Boulevard
Forest Hills, NY 11375 *Selfhelp*

Questions? Contact us: (718) 520-8197

Barrington McFarlane - Program Director, MSW, BA

bmcfarlane@selfhelp.net

Naoto Yoshida - Database Coordinator

nyoshida@selfhelp.net

Jolanda Jeffrey - Social Worker

jjeffrey@selfhelp.net

Roseann Rosado, Managing Director - Senior Communities

roseann.rosado@selfhelp.net

Sylvia Liu Administrative Assistance

syliu@selfhelp.net

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

MESSAGE FROM PROGRAM DIRECTOR— *Barrington McFarlane*

Welcome, as we officially bring you the first spring (2024) edition of our newsletter. Although the daily forecast has not been totally friendly, daily attendance has indicated that you were comfortable enough to come out and enjoy programming at Austin Street Older Adult Center. For that, my staff and I are thankful. Attendance is critical to all aspects of our programming. For those who are still at home and are unsure, it is safe enough to return to the center. Come out and dine with us as a start, then slowly ease back into enjoying Austin Street. We eagerly await the in-person visit. Let us see the face of the voice behind that phone conversation.

I would like to express my appreciation for the support that my staff and I have received, as it relates to the signing of the consent forms. I applaud my team for their dedication to this task, while they remain focused on their other day-to-day responsibilities. If you haven't yet signed your consent form, please assist us in getting this done. This is a request from the Department for the Aging (DFTA). If you are unsure or need further clarifications, please give us a call, or stop by the office and make inquiries. Signing a consent form allows the Department for the Aging to better fulfill your needs and provide you with better services. Please be aware that DFTA is there to protect older adults, and as such, would not disclose or arbitrarily share your personal information.. Likewise, Selfhelp as an entity overseen by DFTA, is not allowed to do the same.

In March of this year, Austin Street received a special donation in the form of a piano, which, although being used, needs tuning – scheduled to be done in April. Wi-Fi access is now available in all the “M-Rooms.” Password and network ID are posted in each room. Painting of the office has been completed, with the exception of a partitioning door for the office and M2. The repairs for M-2 are currently in progress, but without a fixed completion date. I must apologize for the technical problem that we experienced as you were about to enjoy your movie last month. It turned out that the project lamp was bad – a broken bulb. This has been ordered and will be replaced in time for the next use of the projector. Drawing and painting participants are now enjoying the pleasure of a big screen TV which is now being used by Chris Tina to further enhance learning.

The menu planning committee met with representative from our caterer and on behalf of the committee, I can proudly say, the meeting went well. We will continue to request these meetings on a monthly basis, to ensure that we receive quality service. Please note that I have read all your suggestions and encourage you to keep them coming. Some members want to have a choice of coffee or tea, some want to have soup, others want fresh fruit cups, etc. We are willing and ready to make that request on your behalf. However, as it stands, with the meagre amounts that we receive as voluntary contributions daily, we are unable to provide these extras, along with giving you a weekly treat and sometimes special meals. Your generosity goes a far way.

You spoke and we listened. We gave you a new entertainer to close out the month of March, and guess what, the feedback was overwhelming positive. The afternoon was electrifying to the point that...I will say no more. For those who were not in attendance, just ask your fellow members. I will be looking at some future dates for.... well, this entertainer. This will be a short month at Austin, as the office will be closed for 4 days in April. Please look out for the announcements on closure. I will close by saying thanks to all the donors, volunteers, PAC, and especially my staff who have been handed additional responsibilities, as I assume some myself. I will always appreciate your effort and dedication for the work that you do for us at the center and in your spare time at home. Enjoy a good read, enjoy the warmer weather, and thank you for being a part of Austin.

Department for the Aging Bill Payer Program

Do you need help paying your bills? Is paper getting in the way? Don't have a personal computer? NYC Aging's Bill Payer Program helps older adults organize and pay their bills on time, while keeping your money safe.

This service scrutinizes enrollees bills for errors and fraud to make sure only the bills that are supposed to be paid, and not any fraudulent ones. Individuals will be assigned a personal account manager to help them enroll in the program and answer any questions they may have. Older adults do not need a personal computer to enroll.

A secure portal is used, where enrollees use a personal login information so they can see their bills and payments. If they wish, they can also receive monthly statements by mail, outlining all bills and payments for review. Payments are authorized from older adults existing checking account. No changes will need to be made to their current checking account.

To be eligible for this program you must:

- Be at least 60 years old and living in New York City.
 - Have a yearly income of \$60,000 or less.
 - Must currently be receiving services from a NYC Aging program. This includes case management services, home delivered meals, a member of an older adult center or living in and receive services from a Naturally Occurring Retirement Community, participate in the caregiver program.
 - Have no other help with bill-paying tasks.
 - Have a checking account and/or be willing to open one.
- Have sufficient funds to cover your monthly expenses.





Real property tax credit [Real property tax credit \(ny.gov\)](http://ny.gov)

Our Social Worker Jolanda is here to assist with reviewing all entitlements with members and applying for benefits. Stop in the office and make an appointment.

Who is eligible?

You are entitled to this refundable credit if:

- your household gross income is \$18,000 or less;
- you occupied the same New York residence for six months or more;
- you were a New York State resident for the entire tax year;
- you could not be claimed as a dependent on another taxpayer's federal income tax return;
- your residence was not completely exempted from real property taxes;
- the current market value of all real property you owned, such as houses, garages, and land, was \$85,000 or less; and
- you meet all the conditions listed under either *Homeowners* or *Renters* below.

Homeowners:

You or your spouse paid real property taxes.

Any rent you received for nonresidential use of your residence was 20% or less of the total rent you received.

Renters:

- You or a member of your household paid rent for your residence. The average monthly rent you and other members of your household paid was \$450 or less, not counting charges for heat, gas, electricity, furnishings, or board.

How much is the credit?

- If all members of your household are under 65, the credit can be as much as \$75.
- If at least one member of your household is 65 or older, the credit can be as much as \$375.

If your credit is more than the taxes you owe, you can claim a refund.

!!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

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!**

You can feel spring in the air and the weather warming. Here are some fun facts about April you probably didn't know.

- ⇒ Did you know April used to only have 29 days? The 30th day was added when Julius Caesar established the Julian calendar. The Romans also called it "Aprilis".
- ⇒ For our friend in the Southern Hemisphere, April is the seasonal equivalent to October.
- ⇒ It is thought that the word "April" comes from the verb "aperire," which means "to open", which makes sense since April is the season of trees and flowers beginning to bloom.
- ⇒ The April birthstone is a diamond and the birth flower is either a Daisy or Sweet Pea.
- ⇒ After a 1,500 year break, the first Olympics of the modern era took place on April 6, 1896, in Athens.
- ⇒ The Titanic hit the now famous iceberg on April 15, 1912.
- ⇒ George Washington was inaugurated as the first President of the United States on April 30, 1789.
- ⇒ Noah Webster copyrighted the first edition of his Dictionary in April 1828.

April is
STRESS
Awareness
MONTH

What Is Stress Awareness Month?

April was designated Stress Awareness Month in 1992 to increase public awareness of stress, its causes, and ways to alleviate it. Stress is a regular part of life, it can quickly become overwhelming for older adults. Furthermore, aging is stressful, particularly for those with health problems, limited mobility, or who live away from loved ones.

Seniors who live alone can also experience heightened feelings of isolation due to stress. And in some cases, anxiety can worsen health issues, causing more distress and worry.

Why Stress Awareness Month Matters To Seniors

You already know that heightened stress causes wrinkles. However, stress hormones are also related to numerous health problems, such as: Heart disease, High blood pressure, Weakened arteries, Diminished bone density & Compromised immune system function.

The older we get, the more trouble our bodies have controlling hormones. That's why older adults are particularly susceptible to the adverse effects of stress. When the body is stressed, it releases a hormone called cortisol.

Unfortunately, cortisol damages the hippocampus, which collects and accesses memories. For this reason, too many stress hormones can hasten the aging process and aggravate conditions associated with aging, like dementia.

What Are The Signs Of Stress?

- Asthma
- Skin rashes
- Trouble sleeping
- Allergic reactions
- Stomach or headaches
- Melancholy or depression
- Difficulty making decisions
- Self-medicating with drugs or alcohol
- Increased illnesses, such as the cold or flu
- Mood fluctuations, including heightened irritation
- Decreased interest in hobbies or everyday pursuits
- Appetite change or different eating habits, including overeating or appetite loss

Stress Management Tips For Seniors: Create A Calm Living Environment, Focus On Social Needs & Support Physical Health



NUTRITION CORNER

Eating well as an Older Adult

Good Nutrition is important no matter what your age. It gives you energy and an help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, Type 2

HOW TO EAT HEALTHY AS I AGE

Eat foods that give you lots of Nutrients without a lot of extra calories, such as

- ◆ Fruits and vegetables (Different types with bright colors)
- ◆ Whole grains (Oatmeal, whole-wheat bread and brown rice)
- ◆ Fat-free or low-fat milk and cheese or soy or rice milk that has added vitamin D and Calcium
- ◆ Seafood, lean meats, poultry, and eggs
- ◆ Beans, nuts, and seeds

Avoid empty calories., such as chips, candy, baked goods, soda and alcohol

Pick foods that are low in cholesterol

Drink enough liquids, plenty of water

Be physically active.

TIPS IF YOU'RE HAVING TROUBLE EATHING HEALTHY

- * If you are tired of eating alone, try joining a mealtime at a nearby senior center, community center, or religious facility.
- * If you ae having trouble chewing, see your dentist to check for problems.
- * If you are having trouble swallowing, try drinking plenty of liquid with your meal.
- * If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting.
- * If you aren't enough, add some healthy snacks throughout the day.
- * If an illness is making it harder for you to cook or feed yourself, check with your health care provider.

SENIOR JOKES & CARTOONS

How do you keep a fool in suspense?

I'll tell you the answer tomorrow.



Why shouldn't you tell ducks jokes on April Fools' Day?

They'll quack up.



I lost all my winter weight.

Now I just have spring rolls.



Can February March?

No, but April May.



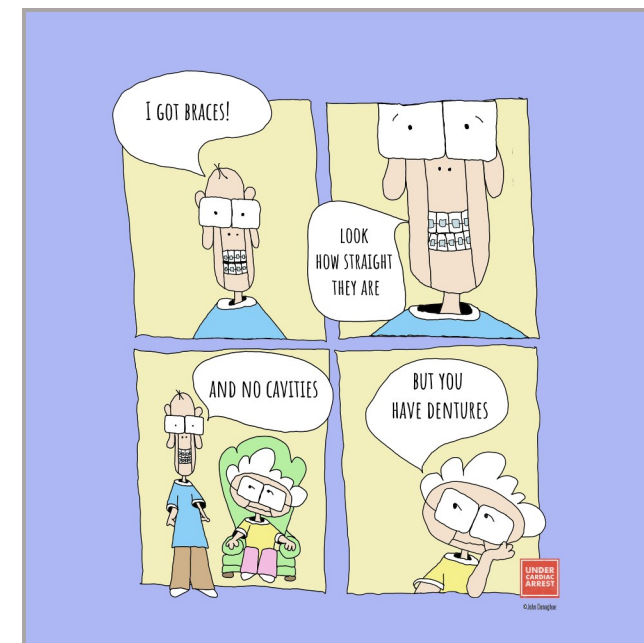
Why was the donkey annoying his friend?

It was April Mules' Day.



Babies born on March 31 are the easiest to prank on April Fools' Day.

They were literally born yesterday!



Today's the day to propose. If they say yes, great. If they say no, just say, "April Fools!"

woman's day

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



Our Director & Debbie a Member of Austin Street at BOROUGH HALL



St. Patick's Day Celebration



TONY GAPP , new entertainer here at Austin St. 3/29/2024

BUZZ CORNER & IMPORTANT DATES

Tuesday, 4/23 - CENTER CLOSED FOR PASSOVER

Wednesday, 4/24 - CENTER CLOSED FOR PASSOVER

Monday, 4/29 - CENTER CLOSED FOR PASSOVER

Tuesday, 4/30 - CENTER CLOSED FOR PASSOVER

YOGA IS CANCELLED FOR THE ENTIRE MONTH OF APRIL

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. Member's **CANNOT** participate in activities, **except** for enjoying meals and information and referral questions, unless they sign this form per NYC-Aging guidelines.

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 would like to continue attending the center and complete the consent form.

FRI, 4/12- Melodians Performance - Grand Finale (Treat after the Performance)

TUES, 4/16- Elder Abuse presentation by Raphael Arnold

THURS, 4/18- Elderly Scam/ Pedestrian Safety - by Officer Ramirez, 112 Precinct

FRI, 4/19- JJ Burton

FRI, 4/26- Karaoke