

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLATT KOSHER	Note: The Center will be open on the following two Sundays: June 2 & June 23			
3 Classic Chicken Cacciatore Italian Blend Vegetables Pasta (1/2 cup) Whole Wheat Bread Apple & Milk Alternate: Omelet	4 Baked Falafel Patties Hummus (1/4 cup); Israeli Salad Whole Wheat Pita Orange and Milk Alternate: Breaded Pollack *Almond Cookie	5 Shepherd Pie with Turkey Tossed Salad with Dressing Whole Wheat Bread Kiwis (2) and Milk Alternate: Tuna Salad	6 Baked Salmon / Dill Lemon Sauce Zucchini Provencal Rice Pilaf Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey	7 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce & Milk Alternate: Egg Salad
10 Hawaiian Chicken Steamed Green Beans Coconut Rice and Pigeon Peas Whole Wheat Bread Apple and Milk Alternate: Tuna Salad	11 Stuffed Cabbage Mixed Vegetables Barley Whole Wheat Bread Orange & Milk Alternate: Omelet	CENTER CLOSED FOR SHAVUOT	CENTER CLOSED FOR SHAVUOT	14 Roasted Chicken Apple Noodle Kugel Carrot Tzimmes Challah Bread Applesauce & Milk Alternate: Egg Salad
17 Hungarian Goulash with Beef Broccoli Kugel (Pre-prepared) Roasted Sweet Potato Slices Whole Wheat Bread Apple and Milk Alternate: Egg Salad	18 Aromatic Lentil Stew w/ Carrots and Turnips Braised Red Cabbage; Brown Rice Whole Wheat Bread Orange & Milk Alternate: Tuna Salad *Birthday Cake	CENTER CLOSED FOR JUNETEENTH	20 Baked Salmon/ Dill Lemon Sauce Creamy Spinach (Dairy-free) Roasted Butternut Squash Whole Wheat Bread Pear & Milk Alternate: Sliced Turkey	21 Hawaiian Chicken Steamed Carrots Roasted Sliced Red Potatoes Challah Bread Applesauce & Milk Alternate: Tuna Salad
24 Breaded Pollack (Sides to be determined) Alternate: Sliced Turkey	25 Chicken Marsala Roasted Beets White Rice (1/2 cup) Whole Wheat Bread Orange & Milk Alternate: Omelet	26 Stuffed Cabbage w/ Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Whole Wheat Bread Kiwis (2) & Milk Alternate: Tuna Salad	27 Curry Chickpea Stew (Pre-prepared) Steamed Green Beans; Brown Rice Whole Wheat Bread Pear & Milk Alternate: Breaded Pollack *Black/White Cookie	28 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce & Milk Alternate: Egg Salad

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: JUNE 2024

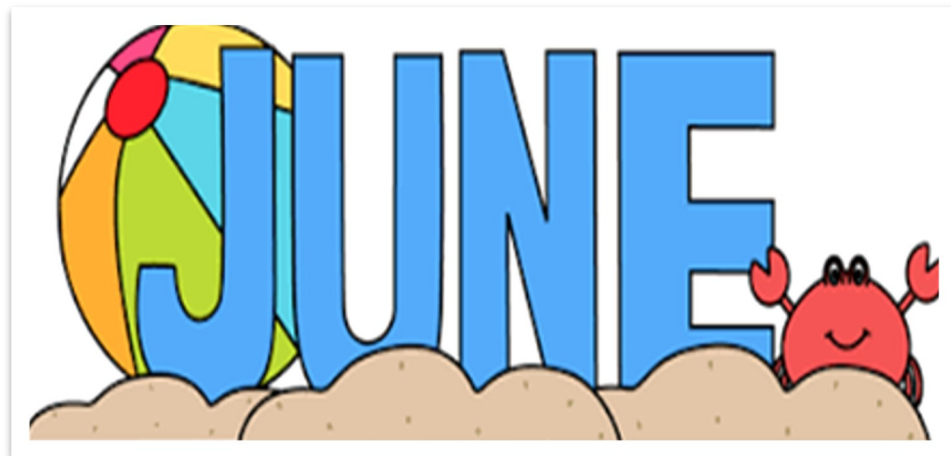
The Center will be closed on Wednesday June 12 and Thursday June 13 for Shavuot, and on Wednesday June 19 for Juneteenth.

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		
		10:00- 12:00 (M4) Chinese Culture Group Singing	11:15 am (Crystal Room) *6/6 – Navigating Low Back Pain by Dr. Yoshihara, Northwell Health	11:15 am (Crystal Room) *6/21 – Blood Pressure Presentation by Leslie, RN, Oak Street Health
		11:15 am (Crystal Room) *6/4– Nutrition Education by Amelia Jalandoni		
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) Leisure Games	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) Leisure Games	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M2) Su Casa
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)	1:00- 3:30 (Computer Lab)
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 (Ballroom) Line Dancing	Entertainment (1:15-2:15 pm, Crystal Room)
2:00- 3:30 (Computer Lab)	1:30- 2:30 (Crystal Room) Tai Chi for Arthritis (6/4 only)			*6/7 Juan Ortega
3:00- 3:45 (M3) Leisure Games	Tai Chi (starting 6/11)			*6/14 Father's Day Party/ Flag Day –Greg Peters
				*6/21 Tony Gap
				*6/28 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 JUNE 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

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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*

Goodbye spring.... welcome summer. Are you prepared for the warmer weather? For some of us, this is a re-
prieve; for others...a miserable season. Either way, we should be thankful for the gift of life. Take the time to
reflect on the given opportunities, the missed opportunities, and the accomplishments. You are reading this be-
cause you have defied the odds and are here because you are special.... even if you are special to only one per-
son. Be true to yourself and others and continue to strive to be a better person every day.

Most of you might be aware that I was away from the office on vacation for 2 weeks. It feels good to be back,
despite the workload. There is not much to report as it relates to center activities and updates. We are current-
ly weeks away from the close of the fiscal year 2024, which ends on June 30th. As such, you will notice the daily
absence of some members of staff, due to our vacation policy. I ask that you exercise some patience, as this will
continue through August 31st, again, due to vacation policy. This means that we will be relying on volunteers
(existing and new) to fill the gap where necessary. Please note that we value your service and appreciate your
hard work and dedication.

As our Policy Advisory Committee (PAC) continues to diligently assist with oversight and the efficient daily oper-
ation of our business, please give them your support in every possible way. We need volunteers, we need your
donations, we need your suggestions, we need your contribution, and we need your participation. We are
pleased to announce that there has been a slight improvement in daily lunch participation, compared to previ-
ous months. Donations on the other hand, however, are still at a low.

I hope that you all enjoyed the Mother’s Day celebration and all the other performances that took place within
the month of May. Please note that we intend to have the return of Karaoke in July, since many have been
questioning the return. We will be opening more Sundays for the summer, so please be on the lookout. We are
working out the logistics.

A warm “welcome back” to Susan – Arts & Crafts, and Sylvia Cohen – PAC member, as they return to active in-
volvement at Austin Street. Unfortunately, they were unable to join us for weeks. In the same breath, those of
you who are at home or away from home recuperating, currently struggling with any form of health, mental,
physical, or social challenges, please reach out to the relevant agencies, including Selfhelp, for support. Reach-
ing out for help is not a sign of weakness but rather a sign of strength. It takes courage to acknowledge when
one needs help, wisdom to reach for help, and perseverance to fight through to the end. Don’t give up. Failure
is not an option.

As we continue to affect much needed repairs to room M4. Please be careful as you utilize the room. Hopeful-
ly, this will be completed by the end of the month, whereafter, all three rooms will be re-painted, the floors
waxed, windows and curtains cleaned. Don’t hesitate to point out to staff other issues that need our attention.

***Make this a summer to remember – come out and enjoy what we
have to offer at Austin Street!!***

Lifeline Eligibility Guidelines

In New York State, consumers can qualify for the Lifeline program based on the following eligibility criteria:

- **Income Based:** Your income is at or below 135% of the Federal Pov-
erty Guidelines.
- **Government Assistance Programs:** You participate in one of the
programs listed in the chart below.

Household Size	Household Income
1	\$18,347
2	\$24,719
3	\$31,091
4	\$37,463
5	\$43,835
6	\$50,207
7	\$56,579
8	\$62,951

To APPLY MAKE AN APPOINTMENT WITH Jolanda Jeffrey, the SOCIAL WORKER.



NY Connects
Your Link to Long Term
Services and Supports



LIFELINE

([Lifeline Telephone Service](#) | [Department of Public Service \(ny.gov\)](#))

What is Lifeline?

Lifeline helps you stay connected and save money on your monthly telephone bill. The Lifeline discount can be applied to either home telephone service (landline or cable) or wireless service. The discount is available for only one line per household.

What are the Benefits?

Qualifying consumers can apply for Lifeline to receive a monthly discount on either their landline telephone service or their wireless service. Lifeline benefits include:

- A bill credit and a waiver of the federal subscriber line charge for landline customers.
- Mobile data usage and/or voice usage allowances and reduced rates for wireless customers.
- Additional discounts may also apply.
- Total savings and benefits will vary depending on your telephone service provider.

Key Provisions of the Program

- Lifeline is only available to income eligible customers. See below for eligibility guidelines.
- Eligible customers may only receive one Lifeline discount service at a time; the discount can be applied to either home telephone service or wireless service, but not both. In addition, only one Lifeline discount is available per household. “Household” is defined as any individual or group of individuals who live together at the same address.
- Lifeline subscribers must recertify annually that they are eligible to participate in the program and that they and their household only receive one Lifeline discount. Lifeline enrollees are obligated to respond to recertification requests: customers who fail to recertify will be de-enrolled from the program.

!!ATTENTION!!

Meals are served at a temperature of 140^o F and over for hot meals, and 40^o 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.

Entitlements & Benefits Assistance

Our Social Worker Jolanda is here to assist with reviewing & applying for your entitlements and benefits. If you have any questions or need assistance, please stop in the office and make an appointment.

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!**

JUNE is National Safety Month

[JUNE is National Safety Month \(response-seniorcare.com\)](https://response-seniorcare.com)

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, Response Senior Care is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription drug abuse, distracted driving, and slips, trips, and falls.

Prescription drug abuse: Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.

Slips, trips, and falls: One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.

Where do falls among older adults occur most frequently?

The majority (55%) of fall injuries among older people occurred inside the house, whereas an additional 23% occurred outside but near the house and 22% occurred away from the home. In addition, it was reported that older persons who resided in dwelling units that had no stairs fell in the following areas: hallways (10%), bathrooms (13%), kitchens (19%), bedrooms (30%), and living rooms (31%). (stopfalls.org)

Distracted driving: Doing other activities while driving – like texting or eating – increases your chance of crashing. Almost 1 in 5 crashes (18%) that injured someone involved distracted driving. (National Safety Council 2014)

You can make a difference. Find out ways to help reduce the risk of these safety issues. Take a look around your house to check for safety issues.



JUNETEENTH

FREEDOM DAY

JUNE 19TH



“Juneteenth” which is a combination of the words “June” and “19th” is also referred to as “Freedom Day”, “Jubilee Day” or “Emancipation Day”. It commemorates the day in 1865 when Union soldiers made their way to Galveston, Texas and notified the last American slaves that their freedom had been secured. The Emancipation Proclamation had been issued by President Lincoln over two years earlier, Confederate General Robert E. Lee surrendered to General Ulysses S. Grant and the Union Army two months prior, but at that time word was slow to travel across the nation and many had not been aware of their own emancipation. The true official and legal end to slavery actually occurred with the passing of the 13th Amendment by congress on January 31, 1865—yet Juneteenth still serves as the de facto or unofficial recognition to the closing of this tragic and painful chapter in American history.

For many, it is a solemn day and a time for personal reflection and rejoicing. Across the nation throughout Black communities, one could observe all types of celebrations that serve as an enduring reminder of past atrocities combined with local flair and optimism for the future. From local parades and marches, demonstrations, and even cook-outs in regional parks with traditional soul-food meals.

Until more recently, however, the day never reached the status of a national holiday. Texas, was the first to designate the day as a holiday and slowly since that time 45 states have joined suit. More recently, since the Black Lives Matter demonstrations last summer many major U.S. corporations have joined in making the day a company-wide paid holiday for their employees. For many activists today of all races and backgrounds, the push to make Juneteenth an official national holiday serves to educate future generations on the institution of slavery that persisted on this country’s soil for nearly 250 years (and a legacy that lived on through sharecropping and racial segregation). It is a stain left on our collective consciousness and should never be relegated to the footnotes of history or forgotten.



[Men's Health Month – District Health Department 10 \(dhd10.org\)](http://dhd10.org)

June 1 Kicks Off Men's Health Month

Father's Day is quickly approaching and now is the perfect time to encourage the men in your life to take care of themselves. The month of June is National Men's Health Month and DHD#10 urges all boys and men to stay healthy by eating right, exercising and seeking regular medical checkups to prevent disease and injury so they may live long and healthy lives.

Men's health is not just a 'man's issue', it's a family issue. Men's health can impact everyone around them: wives, mothers, daughters, and sisters, etc.

So the question is, what can men do to be healthier?

The answer? Simple: Take action!

Eat healthy – add more fruits and vegetable into your diet and try to limit eating foods that are high in calories, sugar, salt and fat.

Get moving – make a personal goal to reach 2 ½ hours of physical activity per week. Participate in activities you enjoy will help you to stay motivated.

Quit tobacco – tobacco smoking is the number one preventable cause of death in the U.S. and the primary cause of COPD and lung cancer.

Make prevention a priority – schedule yearly checkups and regular health screenings with your doctor or local health department

- Monthly testicular self-exams are important for the early detection of testicular cancer
- June 27th is National HIV Testing Day and everyone between the ages of 13 and 64 should get tested for HIV at least once as part of their routine health care. Those who are at a higher risk for HIV should be tested more often. For free HIV testing, contact your local Health Department.

Set an example – consistently pull the above healthy habits together and be a role model for those who may be watching you.

SENIOR JOKES & CARTOONS

Listen To Your Doctor - 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 woman 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, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'"..ooh!

Why do golfers wear two pairs of pants?

In case they get a hole in one.



FATEHR's DAY TRIVIA

Q: What year was the first Father's Day celebration held in the United States?

A: The first Father's Day was celebrated in 1910.

Q: Who is credited with founding Father's Day?

A: Sonora Smart Dodd is credited with founding Father's Day.

Q: Father's Day officially became a national holiday in which year?

A: It became a national holiday in 1972.

Q: Which President signed Father's Day into law as a national holiday?

A: President Richard Nixon signed it into law.

Q: Father's Day falls on what day of the week?

A: It falls on the third Sunday of June.

Q: On Father's Day, what clothing-related gift is stereotypically given to dads?

A: Neckties are the classic Father's Day gift.

Q: Which TV dad said, "D'oh!" in response to life's little mishaps?

A: Homer Simpson.

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



Russel Targove 5/3/2024



TONY GAP 5/17/2024



Windbreaker 5/31/2024



BUZZ CORNER & IMPORTANT DATES

Wed 6/12 – Center closed for Shavuot.

Thurs, 6/13- Center closed for Shavuot.

Tues, 6/18– QI GONG with KEN is cancelled

Wed, 6/19- Center Closed for Juneteenth

Sun, 6/23- Center is open.

Tues, 6/11- Tai chi at 1:30pm & *Craft Sale*

10:30 am- 2:00 pm (M2)

Fri, 6/14 - Father's Day Party/ Flag Day –Greg Peters

Fri, 6/21- Blood Pressure Presentation by Leslie & Tony Gapp for entertainment after lunch

Fri, 6/28- JJ Burton