

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>GLATT KOSHER</b>	<b>Note:</b> <b>The Center will be open on the following two Sundays: August 4 and August 25</b>	<b>1</b> Baked Salmon/ Dill Lemon Sauce Creamy Spinach (Dairy-free) Roasted Butternut Squash Whole Wheat Bread Pear and Milk <b>Alternate: Sliced Turkey</b>	<b>2</b> Hawaiian Chicken Roasted Spiced Red Potatoes Steamed Carrots Challah Bread Applesauce and Milk <b>Alternate: Egg Salad</b>
<b>5</b> Chicken Marsala Roasted Beets Brown Rice (1/2 cup) Whole Wheat Bread Apple and Milk <b>Alternate: Tuna Salad</b>	<b>6</b> Baked Barramundi Fish Garden Salad Roasted Potato Whole Wheat Bread Orange and Milk <b>Alternate: Sliced Turkey</b>	<b>7</b> Stuffed Cabbage with Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Kiwis (2) and Milk <b>Alternate: Egg Salad</b>	<b>8</b> Curry Chickpea Stew (Pre-prep'd) Steamed Green Beans Brown Rice Whole Wheat Bread Pear and Milk <b>Alternate: Breaded Pollack</b> <b>*Cookie</b>	<b>9</b> Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk <b>Alternate: Omelet</b>
<b>12</b> Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Apple and Milk <b>Alternate: Egg Salad</b>	<b>13</b> Chicken Spaghetti Casserole Green Beans Whole Wheat Bread Orange and Milk <b>Alternate: Tuna Salad</b>	<b>14</b> Baked Salmon /Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Kiwis (2) and Milk <b>Alternate: Sliced Turkey</b>	<b>15</b> Meaty Vegetable Moussaka Tossed Salad with Dressing Fusilli Pasta with Parsley Whole Wheat Bread Pear and Milk <b>Alternate: Omelet</b> <b>*Birthday Cake</b>	<b>16</b> Roasted Chicken Vegetable Mix (Non-starchy) Sweet Noodle Kugel Challah Bread Applesauce and Milk <b>Alternate: Breaded Pollack</b>
<b>19</b> Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk <b>Alternate: Breaded Pollack</b>	<b>20</b> Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice (1/2 cup) Whole Wheat Bread Orange and Milk <b>Alternate: Egg Salad</b>	<b>21</b> Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Nectarine and Milk <b>Alternate: Sliced Turkey</b>	<b>22</b> Whole Wheat Bean Burrito Tossed Salad with Dressing Rice and Beans Plums (2) and Milk <b>Alternate: Omelet</b> <b>*Cookie</b>	<b>23</b> Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce and Milk <b>Alternate: Tuna Salad</b>
<b>26</b> Classic Chicken Cacciatore Italian Blend Vegetables Whole Wheat Pasta (1/2 cup) Whole Wheat Bread Apple and Milk <b>Alternate: Egg Salad</b>	<b>27</b> Oven Baked Falafel Patties Hummus (1/4 cup) Israeli Salad Whole Wheat Pita Orange and Milk <b>Alternate: Breaded Pollack</b> <b>*Cookie</b>	<b>28</b> Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Kiwis (2) and Milk <b>Alternate: Omelet</b>	<b>29</b> Baked Salmon/ Dill Lemon Sauce Braised Red Cabbage Rice Pilaf Whole Wheat Bread Pear and Milk <b>Alternate: Sliced Turkey</b>	<b>30</b> Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk <b>Alternate: Egg Salad</b>

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

**Calendar of Activities: AUGUST 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30- 12:00 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (Computer Lab)</p> <p>8:30- 11:00 (M3) <b>Leisure Games</b></p> <p>11:00- 12:00 (M3) <b>Current Events</b></p> <p>11:00- 12:00 (Ballroom) <b>Staywell Exercise</b></p> <p><b>11:15 am (Crystal Room)</b> <b>*8/5 – Presentation on Alzheimer’s Disease by Stephanie Martinez, Alzheimer’s Association</b></p>	<p>8:30- 9:30 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (Computer Lab)</p> <p>10:00- 12:00 (M4) <b>Oil Painting</b></p> <p>10:45- 12:15 (M3) <b>Blood Pressure Screening (Except on April 9)</b></p> <p>11:00- 12:00 (M2) <b>Interesting and Informative Discussion</b></p> <p><b>11:15 am (Crystal Room)</b> <b>*8/20 – Blood Pressure Presentation by Dana, North Street Health</b></p>	<p>8:30- 9:45 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (M3) <b>Leisure Games</b></p> <p>9:30- 11:00 (Ballroom) <b>Chinese Culture Club Dancing</b></p> <p>10:00- 11:00 (Computer Lab) <b>Today’s Technology</b></p> <p>11:00- 12:00 (Computer Lab) <b>Surfing the Internet</b></p> <p>10:00- 12:00 (M4) <b>Chinese Culture Group Singing</b></p> <p><b>11:15 am (Crystal Room)</b> <b>*8/7– Nutrition Education by Amelia Jalandoni</b> <b>*8/14 – Elder Abuse by Carol Hernandez</b></p>	<p>8:30- 12:00 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (Computer Lab)</p> <p>10:30- 12:00 (M2) <b>English for Chinese</b></p> <p>10:45- 12:15 (M3) <b>Blood Pressure Screening</b></p> <p><b>11:15 am (Crystal Room)</b> <b>*8/8 – Signs and Symptoms of Stroke and What to Do by Stancy, Northwell Health</b></p>	<p>8:30- 10:45 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (Computer Lab)</p> <p><b>11:00- 12:00 (M4)</b> <b>Bingo</b></p>
<p>12:30- 3:45 (M4) <b>Ping Pong</b></p> <p>12:30- 2:30 (M3) <b>Melodians Rehearsals</b></p> <p>1:00- 2:00 (Computer Lab) <b>Technology Assistance</b></p> <p>1:30- 2:30 (Crystal Room) <b>Zumba Gold</b></p> <p>3:00- 3:45 (M3) <b>Leisure Games</b></p>	<p>12:30- 3:00 (M4) <b>Drawing</b></p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M3) <b>Arts &amp; Crafts (Jewelry)</b></p> <p>1:00- 2:00 (M2) <b>Drama Group</b></p> <p>1:30- 2:30 (Crystal Room) <b>Tai Chi</b></p>	<p>12:30- 3:45 (M4) <b>Ping Pong</b></p> <p>12:30- 3:30 (M3) <b>Leisure Games</b></p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:30- 2:30 (Ballroom) <b>Yoga</b></p>	<p>12:30- 3:45 (M4) <b>Ping Pong</b></p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M2) <b>Arts &amp; Crafts (Needlepoint)</b></p> <p>1:30- 2:30 (Ballroom) <b>Line Dancing</b></p>	<p>1:00- 2:45 (M4) <b>Ping Pong</b></p> <p>1:00- 2:30 (Computer Lab)</p> <p><b>Entertainment (1:15-2:15 pm, Crystal Room)</b> <b>*8/2 - Tony Gap</b> <b>*8/9 - Movie (Title TBD)</b> <b>*8/16 - J J Burton</b> <b>*8/23 - Chinese Culture Singing &amp; Dancing Group Performance</b> <b>*8/30 - Juan Ortega</b></p>

Funded in part by NYC 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

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# Monthly Newsletter

## AUGUST 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*

Hello! Hello! To all the readers of Austin Street's New Letter, welcome to the August edition. I must apologize for the non-publication of July's edition. As most of you are aware, fiscal year 2024 ended June 30 and the new fiscal year 2025 began on July 1, 2024. As such, I was unable to facilitate the publishing of July's edition. I take full responsibility and again, apologize.

Let me start on a positive note by addressing one of the main "ingredients" that make Austin Street what it is – Meals. A big THANK YOU to the menu planning committee, the caterer, and most importantly, you the members. We have seen well needed changes in the menu and the ways in which meals are now being prepared by the caterer. I can't say it enough – use your voices. We, as the staff at Austin Street and Selfhelp as a whole, cannot address these kinds of issues if they are not brought to our attention, especially since we are not the ones consuming the meals. I implore you, speak up on other important matters as well and we will, like always, do our best to address them or have them addressed. I you think that the quality of the meals has improved over the past few months, please let us know. We will be conducting a meal survey in the coming weeks/month – be on the lookout. To the members out there who might doubt what I am writing about, please come out and sample some of our meals.

The chattering has resurfaced again, regarding the sale of the Forest Hills Jewish Center (FHJC). The last time that this was addressed by me, I informed you that the information that I had received alluded to the year 2026, which is at least 2 years away. My suggestion is, continue to enjoy all that Austin Street presently offers, and we will provide you with updates as we receive them. I know there must be some "behind the scenes" planning as to the "what/where/when", but unfortunately, such information is not at my disposal. I do understand your concern, but sometimes, "no news is good news." We would surely like to retain our membership base and not displace anyone. The entire logistics of this is beyond scope of authority and privilege. Let us all take it one day at a time.

Distribution of the Farmers Market vouchers/coupons has ended. We requested approximately 400 booklets, but unfortunately, we received only 220. These were distributed over a 4-day period. For those who received a booklet, please remember to use these coupons by November 30, 2024. Otherwise, they will be of no use.

Austin Street received a grant of approximately \$29,000.00 from Council Member Lynn Schulman for the Free Senior Medical Transportation Program. Older adults can utilize this service for rides to medical appointments. Each month, a single person can have access to 3 free rides within Queens OR 1 ride within Queens and 1 ride outside of Queens. Please pick up a copy of the flyer in the office at Austin, or check your email, as the flyer was sent to your inbox. If for any reason you are not receiving emails and would like to be on our mailing list, please give us a call or stop by the office. An employee will be more than willing to assist you. I am seeking volunteers to assist with the movie, trip planning, and Karaoke. Interested persons can stop by the office and discuss with me. I am looking for committed persons who are willing to take control of these two events, with my guidance and minimal assistance.

The re-painting of the M-Rooms has now been completed, with the exception of some minor "touch up" that needs to be done. The next phase will be the waxing of the floor, then the team will move on to the computer lab. The ping pong tables are in need of some minor repairs and that is being addressed. Because of the kind of technical repairs that are needed, it might involve some loss of playing time. Players, please be prepared for disruption, if and when the need arises.

I thank ever one who has been a part of this mission. We love you all. Enjoy the content and be safe.

## Healthy Vision Month

National Eye Institute | [www.nei.nih.gov](http://www.nei.nih.gov)

Vision loss can have a major impact on every part of life. Having a visual impairment can create challenges in performing everyday tasks, and the stigma around losing vision can be isolating — causing feelings of fear, anxiety, or grief. But you're not alone.

The United States is facing an epidemic of loneliness and isolation (PDF), with half of adults saying they feel lonely. That's why Healthy Vision Month 2024 is focused on helping people with a visual impairment know how to access vision rehabilitation services, mental health support, and social connection.

### What is vision rehabilitation?

**If you have a visual impairment, vision rehabilitation can help you make the most of the vision you have and improve your quality of life. There are lots of different types of vision rehabilitation services. Talking with your eye doctor — or your eye care team — is a great way to help you figure out which types of services are right for you.**

### Examples of vision rehabilitation services are:

- ⇒ **Employment and job training**
- ⇒ **Assistive products, like lighting and reading stands**
- ⇒ **Technology, like magnifiers and screen readers**
- ⇒ **Daily living and independent living skills trainings**
- ⇒ **Emotional support, like counseling or support groups**
- ⇒ **Transportation and household services**

### Who can benefit from vision rehabilitation services?

**If you have a visual impairment, you can benefit from vision rehabilitation services. Vision rehabilitation services can give you skills and resources to help manage your daily life and keep your independence.**

# Watermelon Lollies



## INGREDIENTS:

- 1 Small Watermelon
- 3 Kiwis

## DIRECTIONS:

- Halve 1 small watermelon and scoop the flesh out of one half into a bowl (you need about 375-400g). Pick out any black seeds. Purée the flesh using a hand blender or in a liquidizer. Fill ice lolly moulds three quarters full with the purée, push the sticks in if you are using them, and freeze for at least 3 hrs, or overnight. Tip any remaining purée into an ice cube tray and freeze it.
- Peel 3 kiwis and cut the green flesh away from the white core, discarding the core. Purée the flesh. Add a layer of about 4-5mm to the top of each lolly and refreeze for 1 hr. Add some green food coloring to the rest of the purée to darken it to the same color as the watermelon rind. Pour a very thin layer onto the

## !!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.

## 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!**



# SUMMER SAFETY

## TIPS FOR ADULTS

### DO

#### STAY HYDRATED.

Drink at least eight glasses of water and/or fruit juices every day.

#### STAY INDOORS.

In extreme heat and high humidity, the body works harder to maintain a normal temperature. Limit your outdoor activity to the morning and the evening.

#### DRESS APPROPRIATELY.

Loose-fitting and lightweight clothing is best. Dress in lighter colors that reflect the sun and heat.

#### PROTECT YOUR SKIN AND EYES.

Wear sunglasses to block harmful UV rays. Wear sunscreen of SPF30 or higher.

#### KNOW THE SIGNS OF HEAT-RELATED ILLNESSES SUCH AS DEHYDRATION, HEAT STROKE, HEAT EXHAUSTION, ETC.

### DON'T

#### OVERDO ALCOHOLIC AND CAFFEINATED BEVERAGES SUCH AS SODA, COFFEE AND TEA LEAVE YOU DEHYDRATED QUICKLY.

#### FORGET TO USE A FAN OR AIR CONDITIONER.

#### WEAR DARKER COLORS THAT ATTRACT THE SUN AND HEAT.

#### FORGET TO WEAR A HAT AND GLASSES.

#### HESITATE TO TAKE IMMEDIATE ACTION IF YOU FEEL ANY SYMPTOMS.

#### 4. There's no point in exercising unless you can do it for 45 minutes or more

That's a myth. With exercise, every little bit helps. You don't need to do a 45-minute block of exercise if doing three 15-minute bursts is better for you. Try to build it into your daily routine, but anything is better than nothing.

#### 5. The best time to exercise is the morning

There is no reliable evidence to suggest that calories are burned more efficiently at certain times of day. Some people prefer mornings, as they may be tired in the evening and not feel like exercising. The most important thing is that you find a time that suits you.

#### 6. At some point you're too old to Exercise

That's a myth. You are never too old to benefit from exercise. Studies show that seniors can reduce their risk of high blood pressure, diabetes, osteoporosis, and mental decline with an exercise program. For the most benefits, your overall routine should include aerobics, strength training, balance, and flexibility.





## Separating Fitness Fact from Fiction

Adopted by: Heart Matters Magazine

**We know that sticking to a consistent fitness routine benefits both the body and mind and with the summer season upon us it is a good motivation to get moving.**

**But there's lots of misinformation out there about when, where and how you should be exercising. Here is the reality behind the fiction**

### **1. If you are not Sweating, you're not working**

That's a myth. How much you sweat depends on many factors, including your metabolism, how much you weigh, and where you're exercising. You can get plenty of exercise benefits, including weight loss, without sweating heavily, although sweat does help cool the body .

### **2. No pain, no gain Not true**

Pain is your body's alarm system, which signals when we are about to harm ourselves. If you are in pain, you should stop the exercise that you're doing. Check that your posture and technique is right and speak to an exercise professional if you're concerned.

### **3. If you have heart disease you need to take it easy**

If you have heart disease, regular exercise can reduce your chances of another heart event, help you control your weight, reduce *blood pressure* and *cholesterol* and improve your *mental health* – helping you to look and feel great. What exercise is suitable for you may depend on your heart condition and any other health issues – so check with your doctor before you start.

## SENIOR JOKES & CARTOONS

**How is the moon like dentures?**

Both come out at night.



RD

**What is a prize old people can win for aging?**

Atrophy.



RD

**If money doesn't grow on trees, why do banks have branches?**



RD

**My husband cooks for me like I'm a goddess— by placing burnt offerings before me.**

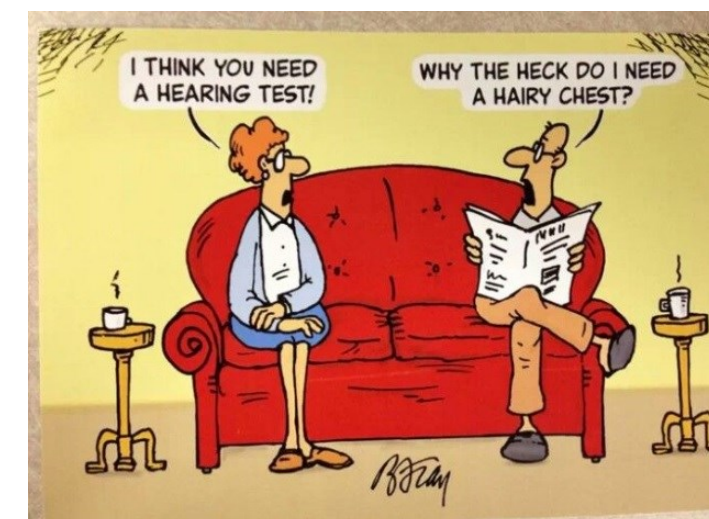


RD

**The older we get, the earlier it gets late.**



RD





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



Juan Ortega 7/12/2024



Tony Gap 7/14/2024



Phoebe Wiener 90th Birthday 7/16/2024

## BUZZ CORNER & IMPORTANT DATES

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**WED, 8/21 & 8/28— YOGA CANCELLED**

**Sun, 8/25 - CENTER OPEN**

**Center closes at 3PM every Friday in AUGUST**

**WED, 8/7— Nutrition Education by Amelia Jalandoni**

**THURS, 8/8 – Alzheimer's Disease , Northwell Health**

**FRI, 8/9 - Movie (Title TBD)**

**WED, 8/14 – Elder Abuse by Carol Hernandez**

**FRI, 8/16 - JJ Burton**

**TUES, 8/20 – Blood Pressure Presentation by Dana, North Street Health**

**FRI, 8/23 - Chinese Culture Singing & Dancing Group Performance**

**FRI, 8/30 - Juan Ortega**