

Monthly Menu: SEPTEMBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| <p>2</p> <p>CLOSED FOR LABOR DAY</p> | <p>3</p> <p>Meatballs with Beef & Chicken Steamed Sliced Carrots Egg Noodles Whole Wheat Bread Orange and Milk Alternate: Breaded Pollack</p> | <p>4</p> <p>Beef Pot Roast/Sauteed Onions and Peppers Mashed Sweet Potatoes Spinach Souffle; W Wheat Bread Kiwis (2) and Milk Alternate: Egg Salad</p> | <p>5</p> <p>Baked Barramundi Fish Garden Salad Roasted Potatoes Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p> | <p>6</p> <p>Roasted Chicken Brown Gravy California Blend Vegetables Rice A Roni Challah Bread Applesauce and Milk Alternate: Tuna Salad</p> |
| <p>9</p> <p>Kasha Knish Hummus Garden Salad Whole Wheat Bread Apple and Milk Alternate: Sliced Turkey</p> | <p>10</p> <p>Hungarian Goulash with Beef Roasted Sweet Potato Slices Egg Noodles Whole Wheat Bread Orange and Milk Alternate: Tuna Salad</p> | <p>11</p> <p>Aromatic Lentil Stew w/ Carrots and Turnips Braised Red Cabbage Brown Rice; Whole Wheat Bread Kiwis (2) and Milk Alternate: Omelet *Cookie</p> | <p>12</p> <p>Baked Salmon/ Dill Lemon Sauce Creamy Spinach (Dairy-free) Roasted Butternut Squash Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p> | <p>13</p> <p>Hawaiian Chicken Roasted Spiced Red Potatoes Steamed Carrots Challah Bread Applesauce and Milk Alternate: Egg Salad</p> |
| <p>16</p> <p>Chicken Marsala Roasted Beets Brown Rice (1/2 cup) Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p> | <p>17</p> <p>Baked Barramundi Fish Garden Salad Roasted Potato Whole Wheat Bread Orange and Milk Alternate: Sliced Turkey</p> | <p>18</p> <p>Stuffed Cabbage with Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Kiwis (2) and Milk Alternate: Egg Salad</p> | <p>19</p> <p>Curry Chickpea Stew (Pre-prep'd) Steamed Green Beans Brown Rice Whole Wheat Bread Pear and Milk Alternate: Breaded Pollack *Cookie</p> | <p>20</p> <p>Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Omelet *Cake - Nat'l Senior Center Month</p> |
| <p>23</p> <p>Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Egg Salad</p> | <p>24</p> <p>Chicken Spaghetti Casserole Green Beans Whole Wheat Bread Orange and Milk Alternate: Tuna Salad</p> | <p>25</p> <p>Baked Salmon / Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Kiwis (2) and Milk Alternate: Sliced Turkey</p> | <p>26</p> <p>Vegetarian Moussaka Tossed Salad with Dressing Fusilli Pasta with Parsley Whole Wheat Bread; Pear and Milk Alternate: Omelet * Birthday Cake</p> | <p>27</p> <p>Roasted Chicken Vegetable Mix (Non-starchy) Sweet Noodle Kugel Challah Bread Applesauce and Milk Alternate: Breaded Pollack</p> |
| <p>30</p> <p>Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack</p> | <p>GLATT KOSHER</p> | <p>Note: The Center will be open on two Sundays 9/8 - The Wind breakers 9/29- JJ Burton</p> | | |

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

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| <p>*Closed on 9/2 Labor Day</p> <p>8:30- 12:00 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>8:30- 11:00 (M3) Leisure Games</p> <p>11:00- 12:00 (M3) Current Events</p> <p>11:00- 12:00 (Ballroom) Staywell Exercise</p> | <p>8:30- 9:30 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>10:00- 12:00 (M4) Oil Painting</p> <p>10:45- 12:15 (M3) Blood Pressure Screening</p> <p>11:00- 12:00 (M2) Interesting and Informative Discussion</p> | <p>8:30- 9:45 (M4) Ping Pong</p> <p>8:30- 12:00 (M3) Leisure Games</p> <p>9:30- 11:00 (Ballroom) Chinese Culture Club Dancing</p> <p>10:00- 11:00 (Computer Lab) Today's Technology</p> <p>11:00- 12:00 (Computer Lab) Surfing the Internet</p> <p>10:00- 12:00 (M4) Chinese Culture Group Singing</p> <p>11:15 am (Crystal Room) *9/4 Nutrition Education by Amelia Jalandoni</p> | <p>8:30- 12:00 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>10:30- 12:00 (M2) English for Chinese</p> <p>10:45- 12:15 (M3) Blood Pressure Screening</p> <p>11:15 am (Crystal Room) *9/5 Pedestrian Safety by Dept. of Transportation</p> | <p>8:30- 10:45 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>11:00- 12:00 (M4) Bingo</p> |
| <p>*Closed on 9/2 Labor Day</p> <p>12:30- 3:45 (M4) Ping Pong</p> <p>12:30- 2:30 (M3) Melodians Rehearsal</p> <p>1:00- 2:00 (Computer Lab) Technology Assistance</p> <p>1:30- 2:30 (Crystal Room) Zumba Gold</p> <p>3:00- 3:45 (M3) Leisure Games</p> | <p>12:30- 3:00 (M4) Drawing</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M3) Arts & Crafts (Jewelry)</p> <p>1:00- 2:00 (M2) Drama Group</p> <p>1:30- 2:30 (Crystal Room) Tai Chi</p> | <p>12:30- 3:45 (M4) Ping Pong</p> <p>12:30- 3:30 (M3) Leisure Games</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:30- 2:30 (Ballroom) Yoga (Note: No Yoga class on 9/25)</p> | <p>12:30- 3:45 (M4) Ping Pong</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M2) Arts & Crafts (Needlepoint)</p> <p>1:30- 2:30 (Ballroom) Line Dancing</p> | <p>1:00- 3:45 (M4) Ping Pong</p> <p>1:00- 2:30 (Computer Lab)</p> <p>Entertainment (1:15-2:15 pm, Crystal Room)</p> <p>*9/6 – Movie</p> <p>*9/13 – Juan Ortega</p> <p>*9/20 – Nat'l Senior Ctr Month Celebration with Russell Targrove</p> <p>*9/27 – Karaoke</p> |

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

8/29/2024

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

SEPTEMBER 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*

It seems like the summer began just yesterday, and here we are looking forward to winter. If you haven't done any fun things for the summer, now is the time to make that last minute move, before being locked indoors in a confined space – enjoy the outdoors if you can. For those of you who did not know, September is (1) National Preparedness month, (2) National Health Aging Month, National Senior Center Month, (3) National Preparedness Month, (4) National Pain Awareness Month, (5) National Prostate Health Month, (6) National Blood Cancer Month, (7) National Sickle Cell Awareness Month, (8) National Suicide Prevention Month, and last but not least, (9) NATIONAL SELF-CARE AWARENESS MONTH. Please remember, before you can focus, re-focus, or acknowledge any of the above important dates/days in September, self-care comes first. The fact is, self-care is what prevents/slowers the process/mitigates the risk of debilitating diseases. No doubt, Austin Street and Selfhelp as a whole, has been a significant part of your self-care – nutritious meal, physical health classes, workshops/presentations, arts/recreational classes/leisure games, etc. We help to keep you and your mind and body in shape, as you age. Thank you for allowing my staff and I to make a difference in your life here at Austin Street.

Over the past few months, we have seen a significant increase in the number of older adults joining the Austin Street OAC family. On a more somber note, donations have almost disappeared. Since January of 2024, Austin Street has received only \$450.00 in donations. Coupled with the fact that the voluntary contribution for lunch is at a low. I can't stress this enough, "We need donations and contributions to assist with the daily operation of our programming". With more donations/contributions, combined with government fundings, we can do more for you. I am making an appeal, please utilize the transportation service provided by us. As a reminder, Austin Street received a total of \$33,000.00 in grant for medical transportation services. Please check the newsletter and flyers throughout the center for more detail.

Another summer has gone by, and I am still waiting on volunteers to assist with planning trips for the center. This doesn't sit well when we ask for money to go on trips, yet we don't utilize those funds for such trips. My staff and I cannot make this work without assistance of people volunteering. We need people to assist at lunch time, with blood pressure screening, with lunch tickets etc. In addition, because the number of meals being served at Austin has risen, it now takes a longer time for us to serve these meals. Please help us to ensure that everyone is fed on time. This will allow you time to get back home or attend the activity/activities of your choice. I would like to see more people stepping forward and volunteering, thereby giving the present volunteers the well-needed break that they deserve, especially since we no longer have the high school kids as volunteers.

For the past month or more, most of our physical exercise classes were held in the Crystal Room. This will obviously continue for a long period of time. As a reminder, Selfhelp Austin Street OAC is not paying for the space downstairs. This space is afforded to us a courtesy, just as we afford the Jewish Center the opportunity to utilize the space that we pay for, from time to time. During the last heavy rains, the ballroom (downstairs) sustained some damage, hence the reason why this space is off limits to us. For now, let us utilize and "make do" with what we have. I do appreciate your understanding.

Thanks to my hard-working staff and volunteers once more. I appreciate all that you contribute to Austin Street and the wider community, in fostering the care and sustainability of older adults. I look forward to your continued dedication, commitment and support. Thank you

Know the signs and symptoms of sepsis

A person with sepsis might have one or more of the following signs or symptoms:

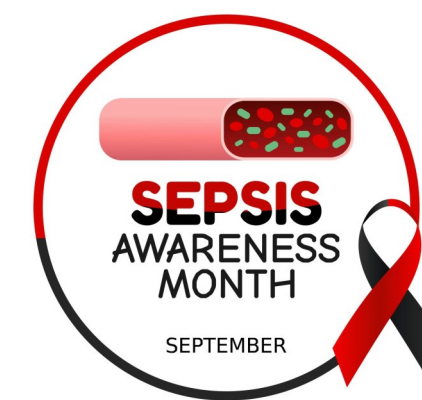
- ◇ Clammy or sweaty skin
- ◇ Confusion or disorientation
- ◇ Extreme pain or discomfort
- ◇ Fever, shivering or feeling very cold
- ◇ High heart rate or weak pulse
- ◇ Shortness of breath

Healthcare providers should immediately evaluate and treat people who might have sepsis. Act fast Sepsis is a medical emergency. If you or your loved one has an infection that's not getting better or is getting worse, act fast. Get medical

Act fast

Sepsis is a medical emergency. If you or your loved one has an infection that's not getting better or is getting worse, act fast. Get medical care immediately. Ask a healthcare provider, "Could this infection be leading to sepsis?" and if you should go to the emergency room

For more information, please visit <https://www.cdc.gov/sepsis/prevention/index.html>



September is Sepsis Awareness Month

What is Sepsis?

Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the:

- ⇒ Gastrointestinal tract
- ⇒ Lung

Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure and death.

Causes

Infections can put you and your loved ones at risk for sepsis. When germs get into a person's body, they can cause an infection. If you don't stop that infection, it can cause sepsis.

Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza, or fungal infections.

Prevention

Talk to a healthcare provider about steps you can take to prevent infections that can lead to sepsis, including:

Take good care of chronic conditions, such as diabetes, lung disease, cancer, and kidney disease.

Get recommended vaccines, since vaccinations can prevent or reduce the severity of some infections that can lead to sepsis.

Keep hands clean.

Keep cuts and wounds clean and covered until healed. care immediately. Ask a healthcare provider, "Could this infection be leading to sepsis?" and if you should go to the emergency room.

!!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!**

National Senior Center Month

National Senior Center Month: How to Participate (ncoa.org)

National Senior Center Month, celebrated every year in September, is an opportunity to showcase your center and market the valuable programs, activities, and services you offer. It's also the perfect time to promote a positive image of aging, highlight how your center improves the lives of local older adults, show your center's importance in the community, and create interest in prospective new participants and collaborative partners.

The National Institute for Senior Centers 2024 theme for National Senior Center Month is Powering Connections.

The 10,000+ senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older Americans Act in 1973, and up to today.

Over the past few years, we have learned so much about the importance of social connection. The Surgeon General's report identifies loneliness as an epidemic. Senior centers have always been places where people gather, socialize, connect. In this year's theme we celebrate senior center's long history of powering those connections. And it goes beyond social engagement.

2. Review your current Medicare health and drug coverage. If you are dissatisfied with your coverage for next year, make changes during Fall Open Enrollment.

- If you have Original Medicare, take a look at next year's Medicare & You handbook to know your Medicare costs and benefits for the upcoming year.
- If you have a Medicare Advantage Plan or a Part D plan, you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. Review these notices for any changes in the plan's costs, benefits, and/or rules for the upcoming year.
- Even if you are satisfied with your current Medicare coverage, look at other Medicare options in your area that may better suit your individual needs in the upcoming year. For example, check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Part D could lower their costs by shopping among plans each year. There could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

3. If you are dissatisfied with a Medicare Advantage Plan you choose during Fall Open Enrollment, you can change your plan during the Medicare Advantage Open Enrollment Period (MA OEP).

The **MA OEP** occurs each year from January 1 through March 31, with changes taking effect on the first of the month following the month you enroll. During this time, you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with or without a Part D prescription drug plan.

4. Understand the difference between Fall Open Enrollment and Open Enrollment for the state or federal Marketplaces.

The **federal Marketplaces** (also known as Exchanges) offer annual open enrollment periods for those who are uninsured and underinsured. This enrollment period may overlap with Fall Open Enrollment. The Marketplaces are typically not meant for people with or eligible for Medicare.

If you have or are eligible for Medicare, you should only use the Fall Open Enrollment Period (October 15 through December 7) to make changes to your Medicare coverage.

Medicare Open Enrollment Fall 2024

Medicare Fall Open Enrollment Period ([medicareinteractive.org](https://www.medicareinteractive.org))

***Please reach out to the social worker Jolanda Jeffrey if you are interested.**

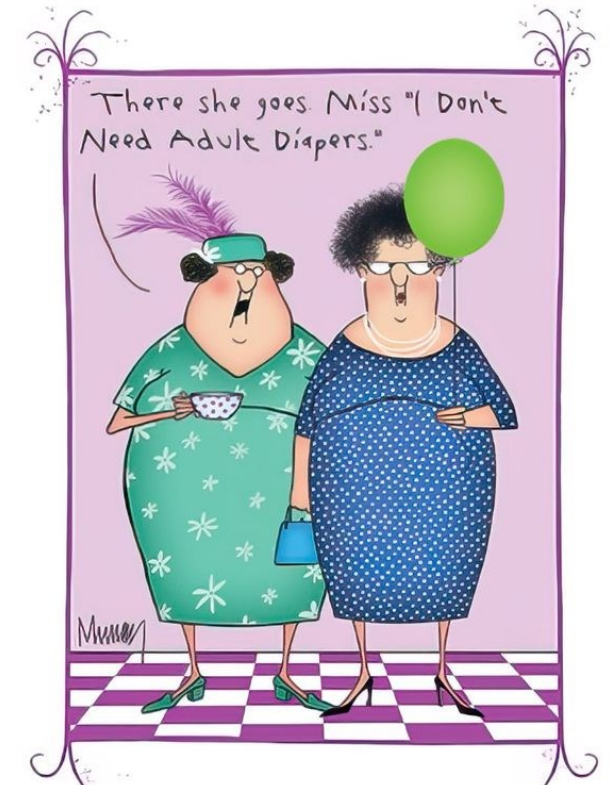
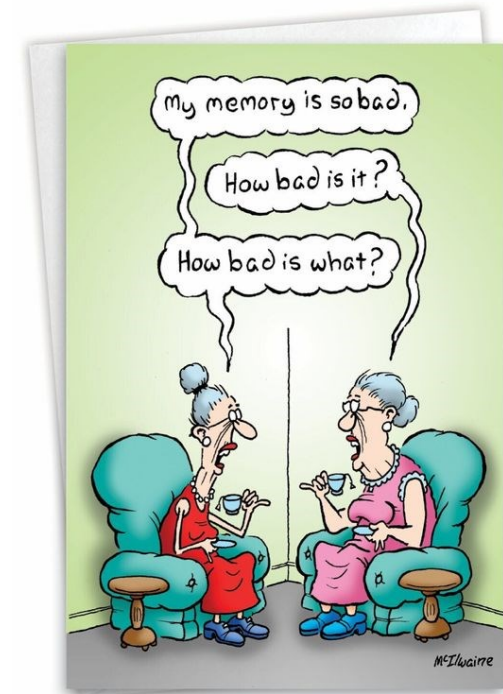
Fall Open Enrollment, also known as the Annual Election Period, is the time of year when you can change your Medicare coverage. You can:

- **Join a new Medicare Advantage Plan or stand-alone prescription drug plan (Part D) plan**
 - **Switch between Original Medicare with or without a Part D plan and Medicare Advantage**

Listed below are some things to keep in mind while you are choosing your Medicare coverage.

1. Fall Open Enrollment occurs each year from October 15 through December 7.

- ⇒ **Any change you make during Fall Open Enrollment will take effect January 1.**
- ⇒ **In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Advantage or Part D plan.**
- ⇒ **If you have Medicare Advantage, you can also switch to Original Medicare. To get drug coverage, you should also join a Part D plan.**
- ⇒ **Depending on where you live, you may be able to buy a Medigap policy, which helps pay Original Medicare costs. Limitations apply as to who can buy a Medigap and when.**



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



Juan Ortega 8/4/24



First movie with new projector 8/9/24



Senator Addabbo, Jr visit 8/2024

BUZZ CORNER & IMPORTANT DATES

The Center will be open on two Sundays:

9/8 – The Wind breakers

9/29– JJ Burton

9/25- Yoga CANCELED

WEDNESDAY, 9/4- Nutrition Education by Amelia Jalandoni

THURSDAY , 9/5— Pedestrian Safety by Dept. of Transportation

FRIDAY, 9/6 – Movie

FRIDAY, 9/13 – Juan Ortega

FRIDAY, 9/20 – Nat'l Senior Ctr Month Celebration with Russell Targrove

FRIDAY, 9/27 – Karaoke