

Monthly Menu: OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLATT KOSHER	1 Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice Whole Wheat Bread Orange and Milk <i>Alternate: Egg Salad</i>	2 Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Nectarine and Milk <i>Alternate: Sliced Turkey</i>	3 CENTER CLOSED FOR ROSH HASHANAH	4 CENTER CLOSED FOR ROSH HASHANAH
	7 Classic Chicken Cacciatore Italian Blend Vegetables Whole Wheat Pasta Whole Wheat Bread Apple and Milk <i>Alternate: Tuna Salad</i>	8 Oven Baked Falafel Patties Hummus; Israeli Salad Whole Wheat Pita Orange and Milk <i>Alternate: Omelet</i> <i>*Cookie</i>	9 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Kiwis (2) and Milk <i>Alternate: Breaded Pollack</i>	10 Baked Salmon/ Dill Lemon Sauce Braised Red Cabbage Rice Pilaf Whole Wheat Bread Pear and Milk <i>Alternate: Sliced Turkey</i>
14 Hawaiian Chicken Steamed Green Beans Coconut Rice and Pigeon Peas Whole Wheat Bread Apple and Milk <i>Alternate: Omelet</i>	15 Vegetarian Three Bean Chili Zucchini Provencal; Brown Rice Whole Wheat Bread Orange and Milk <i>Alternate: Breaded Pollack</i> <i>*Cookie</i>	16 Beef Pot Roast/Sauteed Onions and Peppers; Spinach Souffle Mashed Sweet Potatoes Whole Wheat Bread Kiwis (2) and Milk <i>Alternate: Tuna Salad</i>	17 CENTER CLOSED FOR SUKKOT	18 CENTER CLOSED FOR SUKKOT
21 Kasha Knish Hummus Garden Salad Whole Wheat Bread Apple and Milk <i>Alternate: Sliced Turkey</i>	22 Hungarian Goulash with Beef Roasted Sweet Potato Slices Egg Noodles Whole Wheat Bread Kiwis (2) and Milk <i>Alternate: Tuna Salad</i>	23 Aromatic Lentil Stew w/ Carrots and Turnips Braised Red Cabbage Brown Rice Whole Wheat Bread Orange and Milk <i>Alternate: Omelet</i> <i>*Birthday Cake</i>	24 CENTER CLOSED FOR SHEMINI ATZERET	25 CENTER CLOSED FOR SHEMINI ATZERET
28 Chicken Marsala Roasted Beets Brown Rice Whole Wheat Bread Apple and Milk <i>Alternate: Tuna Salad</i>	29 Baked Barramundi Fish Garden Salad Roasted Potato Whole Wheat Bread Orange and Milk <i>Alternate: Sliced Turkey</i>	30 Stuffed Cabbage with Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Kiwis (2) and Milk <i>Alternate: Egg Salad</i>	31 Curry Chickpea Stew (Pre-prep'd) Steamed Green Beans Brown Rice Whole Wheat Bread Pear and Milk <i>Alternate: Breaded Pollack</i> <i>*Cookie</i>	Note: The Center will be open on Sunday Oct 20. Menu for that day will be announced later.

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: OCTOBER 2024

The Center will be open on Sunday October 20, with entertainment by JJ Burton from 1 to 2 PM.

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	*Center is CLOSED on 10/3, 10/17 and 10/24	*Center is CLOSED on 10/4, 10/18 and 10/25
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) Leisure Games	8:30- 12:00 (M4) Ping Pong	8:30- 10:45 (M4) Ping Pong
8:30- 11:00 (M3) Leisure Games	9:30- 11:00 (Ballroom) Chinese Culture Club Dancing	10:00- 11:00 (Computer Lab) Today's Technology	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
11:00- 12:00 (M3) Current Events	10:00- 12:00 (M4) Oil Painting	11:00- 12:00 (Computer Lab) Surfing the Internet	10:30- 12:00 (M2) English for Chinese	11:00- 12:00 (M4) Bingo
11:00- 12:00 (Ballroom) Staywell Exercise	10:45- 12:15 (M3) Blood Pressure Screening	10:00- 12:00 (M4) Chinese Culture Group Singing	10:45- 12:15 (M3) Blood Pressure Screening	
	11:00- 12:00 (M2) Interesting and Informative Discussion	11:15 am (Crystal Room) *10/2 Nutrition Education by Amelia Jalandoni		
	11:15 am (Crystal Room) *10/29 Fire Safety by FDNY	*10/9 Alzheimer's Disease by Stefany Martinez		
LUNCH BREAK				
12:30- 3:45 (M4) Ping Pong	12:30- 3:00 (M4) Drawing	12:30- 3:45 (M4) Ping Pong	*Center is CLOSED on 10/3, 10/17 and 10/24	*Center is CLOSED on 10/4, 10/18 and 10/25
12:30- 2:30 (M3) Melodians Rehearsal (10/7 only)	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) Leisure Games	12:30- 3:45 (M4) Ping Pong	1:00- 3:45 (M4) Ping Pong
1:00- 2:00 (Computer Lab) Technology Assistance	1:00- 3:45 (M3) Arts & Crafts (Jewelry)	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)	1:00- 2:30 (Computer Lab)
1:30- 2:30 (Crystal Room) Zumba Gold	1:00- 2:00 (M2) Drama Group	1:30- 2:30 (Ballroom) Yoga	1:00- 3:45 (M2) Arts & Crafts (Needlepoint)	Entertainment (1:15-2:15 pm, Crystal Room) *10/11 - Tony Gap
3:00- 3:45 (M3) Leisure Games	1:30- 2:30 (Crystal Room) Tai Chi		1:30- 2:30 (Ballroom) Line Dancing	

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

Funded in Part by the NYC-Aging

Monthly Newsletter OCTOBER 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*

Get out those winter gears and start packing away those summer wears. As we reluctantly approach another winter season, I hope you made the best of the outdoors activities that you were afforded this past summer. Sadly, no one expressed a desire to take the lead on “trip planning.” So, we have wasted yet another season without trips originating out of Austin Street OAC. I tried. I do hope you are all utilizing the Free Medical Transportation Program. Remember, the money will not last, so please plan your medical appointments accordingly and save yourselves some money. There are restrictions/guidelines that must be adhered to, so, if you need further information, please call the office and a member of staff will be more than willing to assist you.

It is indeed a good feeling when complaints relating to meals, are almost non-existent, in my opinion. I assume that meals have been a lot tastier, which has resulted in higher attendance number, for especially those who come out to dine with us. We have also seen a steady rise in the number of persons registering and those who have planned on registering. THANK YOU to those who have been instrumental in encouraging persons to join. For the persons who are of the opinion that the meals served at Austin Street is fully covered by government funds, that is far from the truth. If that was the case, we would not be asking for “suggested donation.” With that been said, I implore you to make some extra effort to volunteer, volunteer, volunteer. My staff and I cannot efficiently run the center without volunteers, given the number of persons on staff. I you can give 1 hour per week, that would be greatly appreciated. The high school kids who volunteered in the past, are scheduled to return to Austin in October. We are looking forward to their return, as they really do make a difference whenever they assist at lunch time. Unfortunately, we were unable to meet with the caterer for the month of September, as planned. However, looking on the bright side, there wasn’t much to discuss regarding meals and service. Hopefully, we will have a meeting in October.

We are exploring the idea of getting 2 instructors (PSRLs), but I will keep you posted on this. In addition, we are looking to hire an assistant to help with cleaning the tables and maybe assist with lunch tickets. However, this will be just for a few months. Please let me know if there are any new classes/programs that you would like to see us provide at Austin Street. Since Austin Street is a “home away from home,” let us know of anything new that you would like to see happening at Austin Street.

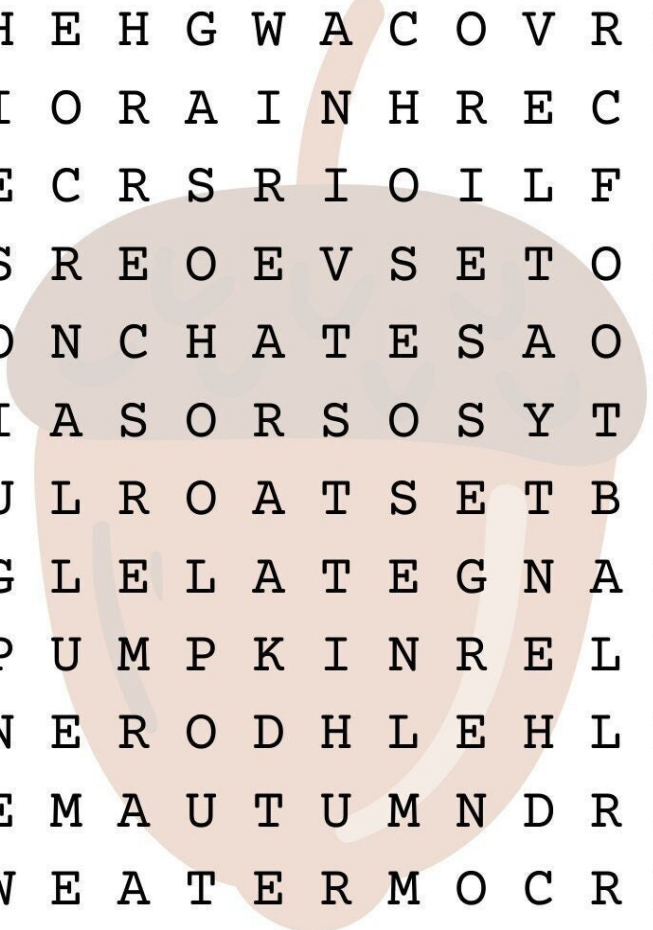
Plans are being made to ensure that we have steady internet feed in the computer room. A new router was purchased and installed, and cable/s will be replaced. With this new installation, we hope to protect these cable/s from harsh weather conditions and any damage. Hopefully, this will address the issue of poor connectivity and no internet access in the computer lab. In addition, we are exploring opportunities to source fundings for the purchase of new computers for the computer lab.

We thank you for your participation in our programming at Austin Street and look forward to your support in whatever way you can. Please note that your contribution matters and will go a far way in enhancing/sustaining our programming. September is Breast Cancer Awareness Month, National Fire Safety Month, World Blindness Month, Rett Syndrome Month, Positive Attitude Month, among many others. Be safe out there and remember that help is sometimes just a phone call away. Please reach out for assistance whenever you find yourself in need. If we cannot directly assist, we might be able to point you in the right direction. Happy birthday to all those who have already celebrated and will be celebrating in the month of October.

Thank you all and have a wonderful October. Remember, your life and existence are more than you can ever imagine. You are still here.... not by chance but by choice. So, just LIVE...LIVE.... LIVE.



Fall Word Search



	S	P	O	R	B	S	Y	L	E	A	V	E	S	U	A
	N	T	A	R	D	R	H	G	H	T	E	R	W	O	P
FALL	U	H	T	P	C	I	O	E	A	S	M	P	E	N	P
AUTUMN	L	A	L	H	E	H	G	W	A	C	O	V	R	P	L
LEAVES	J	N	N	I	O	R	A	I	N	H	R	E	C	I	E
HARVEST	U	K	P	E	C	R	S	R	I	O	I	L	F	C	C
PUMPKIN	P	S	N	S	R	E	O	E	V	S	E	T	O	E	I
HALLOWEEN	R	G	R	O	N	C	H	A	T	E	S	A	O	X	D
THANKSGIVING	O	I	C	I	A	S	O	R	S	O	S	Y	T	T	E
FOOTBALL	T	V	R	U	L	R	O	A	T	S	E	T	B	T	R
SWEATER	R	I	A	G	L	E	L	A	T	E	G	N	A	R	O
APPLE CIDER	A	N	Y	P	U	M	P	K	I	N	R	E	L	Y	T
SCHOOL	W	G	O	N	E	R	O	D	H	L	E	H	L	B	F
ACORN	O	Y	N	E	M	A	U	T	U	M	N	D	R	A	A
ORANGE	L	H	S	W	E	A	T	E	R	M	O	C	R	B	L
YELLOW	L	S	K	O	O	B	A	C	V	J	B	R	N	N	L
BROWN	E	O	S	E	M	N	E	E	W	O	L	L	A	H	L
	Y	A	C	K	P	S	C	H	O	O	L	A	P	O	P

Older Adult Mental Health Awareness Week

[About | Older Adult Mental Health Awareness Week \(ipa-online.org\)](https://ipa-online.org)

(OCT 1–OCT 10)

Today, there are roughly 1 billion people aged 60 or older, a number now projected to exceed 2 billion by 2050. Of these, approximately 20% will have mental health conditions such as dementia, depression, anxiety and substance use, often complicated by physical and psychosocial comorbidities culminating in disability. In addition, recent reports from the WHO show that half of all people are ageist against older persons.

As professionals working with mental health of older adults, International Psychogeriatric Association (IPA) leaders are focused on raising awareness around the impact of ageism on health outcomes and to support the protection of human rights of older persons with mental health conditions. IPA will use their platform to highlight both older persons mental health issues as well as promoting healthy ageing initiatives around the globe through **Older Adult Mental Health Awareness Week** from 1 October through 10 October 2023.

For 40 years, the IPA has been a leader in supporting the mental health and wellness of older persons globally. IPA's multidisciplinary members across the world provide care, education, and innovation across multiple segments of society enabling older persons to increase their longevity and to remain a vital resource to their families, communities, and economies.

!!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

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 3 registrations are done daily **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
5. List of **Allergies**

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!**

International Day for Older Person Month

[INTERNATIONAL DAY OF OLDER PERSONS - October 1, 2024 - National Today](#)

October 1, 2024: International Day of Older Persons

We're fortunate to have older people around us, whether they're family, friends, or just general acquaintances. Older people are fonts of wisdom, experience, and storytelling. They can inspire us to continue striving — or warn us of dangers we're unaware of. We should look to them for guidance whenever and wherever possible. Unfortunately, far too often we tend to forget — or, worse, downright ignore — the older people in our lives. That's one of many reasons why the International Day of Older Persons on October 1 is such a terrific holiday.

Why International Day of Older Persons is Important

Older people deserve our respect and attention

In addition to the wonderful things older people bring to our lives, a day set aside to honor them reminds us to take the time to be kind and humble in the presence of a long life well-lived.

We want to teach young people

The holiday is a way to educate younger people on many of the issues faced by the elderly, such as abuse and senescence — the deterioration of mental and physical processes.

We don't know everything

If we're lucky, age confers upon us a measure of self-awareness and wisdom. Focusing on the challenges faced by the elderly reminds us that there is still much to learn about ourselves and the world.

Other ways physical activity benefits our immune systems and overall health:

- reduce fall risk and increase the ability to live independently
 - maintain strength, healthy joints and muscles
 - helps reduce or control blood pressure
 - reduce the risk of colon cancer and diabetes
 - ease symptoms of anxiety
 - offer community and companionship when done in groups
- reduces and prevents arthritis joint swelling and pain

Hydration is also key

Drinking enough fluids is also key for good immune health and healthy senior living. Fluids help regulate body temperature and assist in eliminating bacteria and other harmful substances. Hydration can be a problem for older adults because they have a decreased sense of thirst, have medical conditions, or take medications that impact fluid balance.

Tips for staying hydrated: Carry a water bottle with you, Have water by your bed, Drink a full glass of water with medications. Check your urine color (it should not be dark)

The right nutrients make a difference

Eating a well-balanced diet is vital to promote good nutrition and help support and maintain immunity. Some suggestions:

- **Protein:** helps build antibodies and immune system cells. Important in healing and recovery. Sources include eggs, milk, yogurt, fish, chicken, soy products, nuts, lean meats.
- **Vitamin A:** fortifies skin, tissue in mouth, stomach and intestines. Think colorful foods. Carrots, broccoli, pumpkin, squash, sweet potatoes.
- **Vitamin D:** helps regulate immune cell function. Milk, cereal, salmon, tuna, sunshine.
- **Vitamin C:** builds healthy skin, protects cells from damage. Choose oranges, grapefruit, papaya, bell peppers.
- **Vitamin E:** antioxidant that helps protect immune cells. Try almonds, peanut butter, spinach, broccoli.
- **Zinc:** helps create new immune cells, which helps the body heal from wounds. Sources include lean meats, turkey, oysters, whole grains, seeds.

The trick is getting these nutrients. It can be harder as you age. Vitamins are one choice.

October Celebrates Healthy Senior Living

October Is the Best Month for Healthy Senior Living (clearwaterliving.com)

This year, National Senior Health & Fitness Day and Active Aging Week are choosing to focus on how staying physically active helps keep your immune system healthy and strong. These special celebrations are geared to:

- **Showcase older adults as fully participating members of society**
- **Highlight how positive the process of aging can be**
- **Inspire everyone over the age of 50 to take advantage of all that life has to offer**
- **Get seniors up and get moving!**

Everyone over 50, regardless of age or health conditions, can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental. Whether you are living at home, in a senior living community, or you are serving as a caregiver, you can find a way to enhance your immune system and achieve greater wellness.

Immune Health: Why It Is So Important for Healthy Senior Living

It's always vital to keep moving, and it's even more important in present times, with so many leading a more sedentary lifestyle. But for older adults, even those with mobility issues, there are ways to participate in simple exercises that can play a major role in immune health.

What is the immune system?

The immune system is the body's defense against infections. Older adults naturally face declines in immune function as they age, but there are several ways to help. Some of these factors are the same as those that support active aging: a healthy diet, appropriate hydration, regular exercise, adequate rest, good hygiene, and decreased stress.

What role does exercise play?

One good example is bone health. Everyone loses some bone mass as they age. Regular exercise retains bone mass and lowers the risk of fractures as well as that of any other disease or condition. The more active we are, the stronger we can stay. And that calls for exercise.

Fun Facts about Seniors

Fun Facts about Seniors — H.O.M.E. - Housing Opportunities & Maintenance for the Elderly, H.O.M.E. (homeseniors.org)

There are 8,000 baby boomers in the United States turning 65 every day.

In 2013, adults over 65 constituted 14 percent of the population in the United States and will account for an estimated 20 percent by 2050.

There are already 55,000 Americans over age 100, and by 2050 the number of centenarians will reach 600,000—roughly the population of the entire state of Vermont!

The baby boom generation is more racially and ethnically diverse than any previous generation. By 2050, 20 percent of seniors will be Hispanic, 12 percent black, and 9 percent Asian.

Women are a majority of seniors, accounting for 57 percent of the U.S. population today and a projected 55 percent of Americans over age 65 by 2050.

Currently people over 65 years number 483 million in the world and by 2030 the number will reach 974 million. By the year 2025 approximately 18 percent of the world population will be seniors.

There are 72 men for every 100 women in the age group 'above 65 years' and there are 45 men per 100 women in the age group 'above 85 years.'

Reducing the death rate from heart disease or cancer by 20 percent would be worth around \$10 trillion to Americans. This would be more than one year's U.S. Gross Domestic Product.

As per the Guinness Book of World Records - Jeanne Louise Calment was the oldest human who lived for 122 years and 164 days. She was born in France on February 21, 1875, and died at a nursing home in Arles, southern France, on August 4, 1997.

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



MOVIE 9/6/24



THE WINDBREAKERS 9/8/24



RUSSELL TARGROVE 9/20/24



Senior Center month
9/20/24

DFTA visits & Senator Ad-
dabbo



BUZZ CORNER & IMPORTANT DATES

Thurs & Fri 10/17 & 18- CENTER IS CLOSED for SUKKOT

SUNDAY, 10/20 – CENTER IS OPEN

Thurs & Fri 10/24 & 25- CENTER IS CLOSED for SHEMINI ATZERET

WED, 10/9- Nutrition Education by Amelia Jalandoni

FRI, 10/11 – Tony Gap

WED, OCT 16 – DRAMA performance after lunch.

WED, 10/22- Alzheimer's Disease by Stefany Martinez