



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLATT KOSHER				1 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk <i>Alternate: Omelet</i>
4 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Apple and Milk <i>Alternate: Egg Salad</i>	5 Chicken Spaghetti Casserole Green Beans Whole Wheat Bread Orange and Milk <i>Alternate: Tuna Salad</i>	6 Baked Salmon /Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Kiwis (2) and Milk <i>Alternate: Sliced Turkey</i>	7 Vegetarian Moussaka Tossed Salad with Dressing Fusilli Pasta with Parsley Whole Wheat Bread Pear and Milk <i>Alternate: Omelet</i> <i>*Cookie</i>	8 Roasted Chicken Vegetable Mix (Non-starchy) Sweet Noodle Kugel Challah Bread Applesauce and Milk <i>Alternate: Breaded Pollack</i>
11 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk <i>Alternate: Tuna Salad</i>	12 Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice (1/2 cup) Whole Wheat Bread Orange and Milk <i>Alternate: Omelet</i>	13 Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Nectarine and Milk <i>Alternate: Sliced Turkey</i>	14 Whole Wheat Bean Burrito Tossed Salad with Dressing Rice and Beans Plums (2) and Milk <i>Alternate: Breaded Pollack</i> <i>*Birthday Cake</i>	15 Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce and Milk <i>Alternate: Tuna Salad</i>
18 Classic Chicken Cacciatore Italian Blend Vegetables Whole Wheat Pasta Whole Wheat Bread Apple and Milk <i>Alternate: Breaded Pollack</i>	19 Oven Baked Falafel Patties Hummus (1/4 cup) Israeli Salad Whole Wheat Pita Orange and Milk <i>Alternate: Tuna Salad</i> <i>*Cookie</i>	20 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Kiwis (2) and Milk <i>Alternate: Omelet</i>	21 Baked Salmon/ Dill Lemon Sauce Braised Red Cabbage Rice Pilaf Whole Wheat Bread Pear and Milk <i>Alternate: Sliced Turkey</i>	22 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk <i>Alternate: Egg Salad</i>
25 Hawaiian Chicken Steamed Green Beans Coconut Rice and Pigeon Peas Whole Wheat Bread Apple and Milk <i>Alternate: Omelet</i>	26 <b>THANKSGIVING LUNCHEON &amp; PARTY with Entertainment by Tony Gap</b>	27 Beef Pot Roast/Sauteed Onions and Peppers Mashed Sweet Potatoes Spinach Souffle; W Wheat Bread Kiwis (2) and Milk <i>Alternate: Tuna Salad</i> <b>EARLY CLOSURE at 2:00PM</b>	28 <b>CENTER CLOSED FOR THANKSGIVING DAY</b>	29 <b>CENTER CLOSED FOR THANKSGIVING</b>



## Calendar of Activities November 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) <b>Ping Pong</b>	8:30- 9:30 (M4) <b>Ping Pong</b>	8:30- 9:45 (M4) <b>Ping Pong</b>	<b>*Center CLOSED on 11/28</b>	<b>*Center CLOSED on 11/29</b>
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) <b>Leisure Games</b>	8:30- 12:00 (M4) <b>Ping Pong</b>	8:30- 10:45 (M4) <b>Ping Pong</b>
8:30- 11:00 (M3) <b>Leisure Games</b>	9:30- 11:00 (Ballroom) <b>Chinese Culture Club Dancing</b>	10:00- 11:00 (Computer Lab) <b>Today's Technology</b>	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
11:00- 12:00 (M3) <b>Current Events</b>	10:00- 12:00 (M4) <b>Oil Painting</b>	11:00- 12:00 (Computer Lab) <b>Surfing the Internet</b>	10:30- 12:00 (M2) <b>English for Chinese</b>	11:00- 12:00 (M4) <b>Bingo</b>
11:00- 12:00 (Ballroom) <b>Staywell Exercise</b>	10:45- 12:15 (M3) <b>Blood Pressure Screening</b>	10:00- 12:00 (M4) <b>Chinese Culture Group Singing</b>	10:45- 12:15 (M3) <b>Blood Pressure Screening</b>	
	11:00- 12:00 (M2) <b>Interesting and Informative Discussion</b>	11:15 am (Crystal Room) <b>*11/6 Nutrition Education</b> by Amelia Jalandoni	11:15 am (Crystal Room) <b>*11/7 Medicare Annual Election Period (EAP)</b> by Sherry Lee of Healthfirst <b>*11/14 Medicare Part 2</b> by Kseniya	
	10:30 am <b>*11/12 Arts and Crafts Sale</b>			
LUNCH BREAK				
12:30- 3:45 (M4) <b>Ping Pong</b>	12:30- 3:00 (M4) <b>Drawing</b>	<b>*Center closes at 2:00 PM on 11/27</b>	<b>*Center CLOSED on 11/28</b>	<b>*Center CLOSED on 11/29</b>
1:00- 2:00 (Computer Lab) <b>Technology Assistance</b>	1:00- 3:30 (Computer Lab)	12:30- 3:45 (M4) <b>Ping Pong</b>	12:30- 3:45 (M4) <b>Ping Pong</b>	1:00- 3:45 (M4) <b>Ping Pong</b>
1:30- 2:30 (Crystal Room) <b>Zumba Gold</b>	1:00- 3:45 (M3) <b>Arts &amp; Crafts (Jewelry)</b>	12:30- 3:30 (M3) <b>Leisure Games</b>	1:00- 3:30 (Computer Lab)	1:00- 2:30 (Computer Lab)
3:00- 3:45 (M3) <b>Leisure Games</b>	1:00- 2:00 (M2) <b>Drama Group</b>	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M2) <b>Arts &amp; Crafts (Needlepoint)</b>	<b>Entertainment</b> (1:15-2:15 pm, Crystal Room) <b>*11/1 – J J Burton</b> <b>*11/8 – The Windbreakers</b> <b>*11/15 – The Melodians</b> <b>*11/22 – Karaoke</b>
	1:30- 2:30 (Crystal Room) <b>Tai Chi</b>	1:30- 2:30 (Ballroom) <b>Yoga</b>	1:30- 2:30 (Ballroom) <b>Line Dancing</b>	

## 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

## NOVEMBER 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

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*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 & oil  
painting



Warm and special greetings to you all. The month of October was very eventful, even though we were closed for business for 7 days. This, combined with the unfortunate incident that resulted in the closure of the computer lab, has stymied the traction we have gained in terms of membership and meal served, over the past few months. Not to be deterred, Roseann, my staff and I, with the support of the organization, are determined to get things back on track. So far, we have ordered new chairs for the computer lab but at this juncture I cannot give a realistic timeline for delivery. Furthermore, the shipment will be divided into 2 separate deliveries. It is our hope that the 1st shipment will arrive before the end of the month. I sincerely ask that you bear with us and exercise some patience. I will continue to provide you with weekly updates as necessary. Thank you all for understanding.

As we head into the festive season, I implore you to be extremely vigilant. As older adults, we are more susceptible to robbery, scams, fraud, etc. Please do not engage in online activities that may be suspicious, though seems to be genuine. Do not facilitate conversations from persons who you do not know. Before sending money to relatives and friends, please ensure that the request was not made through a third party. This month, we will be hosting a workshop on holiday scams, elderly scams, etc. I am suggesting that you take the time out to be present for this workshop, as this will be extremely helpful. These "con artists" are always finding new and sophisticated ways of doing business.

Our Thanksgiving luncheon will be on November 16th ' and we will be making sure that you have a scrumptious meal. Please check your email, newsletter and flyers posted within the center for a complete idea of what will be served on that day. Several members have been asking if they would have to get their lunch ticket before November 26. They were told that they would have to do so on the same day, the 26th. However, I will be working on making some changes where that is concerned, so that members can get their ticket in advance. Please be mindful that this is only an idea. You will be informed accordingly if this is possible - with ample time to reserve your ticket. The intention is to have in excess of 200 meals for that day. I am trying to ensure that every person that stops by for lunch gets a meal. I am making a special plea to you all to, donate, donate, contribute, contribute. We still haven't reached anywhere close to \$1,000.00 for the year in donations, with less than 2 months before the end of the year.

We are actively seeking volunteers to fill in for Phoebe, John, and Sandra for: - English Conversation, Current Events and Interesting & Informative Discussion. They have all given their time and service to Austin Street over the years and for that we are thankful and grateful to them. Now is the time for others to step up and assist whenever they are not available. We are also seeking an ESL/ESOL teacher (paid service). Please note that this person cannot be an active member of the center, and must have some teaching experience, preferably in such area. Although we have regained the "luxury" of having the high school kids back with us, this will not be permanent. As such, I will continue my appeal to you all to become a volunteer. We do need your services.

We have come a long way and together have achieved a lot. I did not make Austin a better place by myself. It is teamwork that got us this far -you the general membership, PSRL, PAC, volunteers, and definitely my staff. I thank you all for what you have done for Selfhelp, Austin Street OAC, and the community as a whole. Although the problems that we once faced seemed insurmountable, the number of lives that we have impacted together is something to be proud of. Whether or not you want to believe it, we affect each other in one way or another, just by being a part of Austin Street. See yourself as a part of the pillars to support the foundation of Austin Street. Thank you.

## What is the difference between Veterans Day and Memorial Day?

Many people confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle. While those who died are also remembered, Veterans Day is the day set aside to thank and honor ALL those who served honorably in the military – in wartime or peacetime. In fact, Veterans Day is largely intended to thank LIVING veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served – not only those who died – have sacrificed and done their duty.

## Why are red poppies worn on Veterans Day, and where can I obtain them?

The wearing of poppies in honor of America's war dead is traditionally done on Memorial Day, not Veterans Day. The practice of wearing of poppies takes its origin from the poem In Flanders Fields, written in 1915 by John McCrae. For information on how to obtain poppies for use on Memorial Day, contact a veterans service organization, such as the Veterans of Foreign Wars of the United States (VFW) or The American Legion, as a number of veterans organizations distribute poppies annually on Memorial Day. You can find veterans groups in the Veterans Service Organization link on VA's Veterans Day web page. Veterans groups in your area can be found in your local phone book. Look in the yellow pages under "Veterans and Military Organizations" or a similar heading.

# Veterans Day Facts and Information

Veterans Day Facts and Information - U.S. Department of Veterans Affairs

## Which is the correct spelling of Veterans Day?

A. Veterans Day

B. Veteran's Day

C. Veterans' Day

Veterans Day (choice a). Veterans Day does not include an apostrophe but does include an "s" at the end of "veterans" because it is not a day that "belongs" to veterans, it is a day for honoring all veterans.

## On what day of the week will Veterans Day be observed?

Veterans Day is always observed officially on November 11, regardless of the day of the week on which it falls. The Veterans Day National Ceremony, like most ceremonies around the nation, is held on Veterans Day itself. However, when Veterans Day falls on a weekday, many communities choose to hold Veterans Day parades or other celebrations on the weekend before or after November 11 so that more people can participate.

## Who decides if a government office or business closes or stays open on Veterans Day?

Federal government closings are established by the U.S. Office of Personnel Management (OPM). Generally, when a holiday falls on a non-workday—Saturday or Sunday—the federal government is closed on Monday (if the holiday falls on Sunday) or Friday (if the holiday falls on Saturday).

State and local governments, including schools, are not required to follow OPM closure policies and may determine for themselves whether to close or remain open. Likewise, non-government businesses are free to make their own decisions to close or remain open for business, regardless of federal, state or local government closings.

## !!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 and 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 your 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!**

## Benefits for seniors in New York City that are available in November:

[Exploring Senior Assistance Programs in New York: Benefits for Senior Citizens - Resource for Seniors and Caregivers | SeniorSite](#)

### Social Security Retirement Benefits

Social Security Retirement Benefits serve as a major source of income for most seniors. These benefits are available to individuals who have contributed to the Social Security system throughout their working years. The Social Security Administration (SSA) manages this program, which provides monthly cash benefits based on years of employment and the amount withheld from earnings.

Seniors can start receiving their Social Security retirement benefits as early as age 62. However, it's important to note that full benefits are only available when reaching full retirement age. This age varies depending on the year of birth, gradually rising from 65 to 67 for those born in 1938 and later. Delaying benefits until after full retirement age can result in increased benefit amounts.

When deciding when to begin receiving retirement benefits, seniors should consider various factors. While starting early allows for a longer collection period, it also results in reduced monthly payments. Each person's situation is unique, and it's crucial to weigh the advantages and disadvantages carefully.

### History of Geriatric Tooth Fairy Day

Geriatric Tooth Fairy Day began in 2020, thanks to the efforts of Sonya Dunbar, also known as the “Geriatric Tooth Fairy.”

Sonya, a dental hygienist with over 25 years of experience, noticed that many seniors in long-term care facilities struggled to maintain good oral hygiene. These challenges often led to severe health problems, as many elderly residents depended on caregivers for basic dental care.

Dunbar saw the growing need to raise awareness about the connection between oral health and overall well-being in older adults.

She created this special day to shed light on the issue, hoping to spark action. Her goal was to encourage better oral care for seniors and to reduce health risks linked to poor dental hygiene, such as pneumonia and heart disease.

Since its creation, Geriatric Tooth Fairy Day has focused on educating the public, caregivers, and healthcare workers about the importance of daily dental routines for seniors. The day also aims to inspire communities to support elderly people by donating supplies or organizing dental care workshops. Dunbar's passion continues to fuel the movement, bringing much-needed attention to senior oral health.



# Geriatric Tooth Fairy Day

[Geriatric Tooth Fairy Day \(November 9th\) | Days Of The Year](#)

Geriatric Tooth Fairy Day is a special occasion dedicated to raising awareness about the critical importance of oral health in older adults, especially those in long-term care. Many seniors face challenges maintaining their dental hygiene due to physical limitations or reliance on caregivers.

Poor dental hygiene can lead to serious health problems, such as infections, heart disease, and respiratory issues. By drawing attention to this often-overlooked issue, Geriatric Tooth Fairy Day encourages people to support seniors in maintaining a healthy smile and improving their quality of life.

The day also emphasizes the connection between oral health and general health. Something as simple as regular tooth brushing can make a big difference for seniors who might otherwise suffer from avoidable complications.

With this in mind, the day promotes education and action to ensure better care for the elderly. It calls for communities to contribute in ways such as providing dental resources, raising awareness, and supporting long-term care facilities. These efforts aim to protect the health of aging adults and help them live more comfortably.

## Spotlight on Bedbug Prevention and Control

Bedbugs, tiny blood-feeding insects, can hide in beds, furniture, and small crevices. Signs of an infestation include itchy bites, blood stains on sheets, and shed skins. To prevent them, regularly inspect bedding, vacuum often, and wash linens in hot water. If an infestation occurs, professional pest control may be necessary to fully eliminate them. Keeping spaces clean and clutter-free can reduce bedbug hiding spots and lower the risk of reinfestation.



For more insights, visit [WebMD](#).

### Westchester County Department of Health's page on bedbugs:

- 1. Overview:** Bedbugs are not a health threat but are difficult to eliminate. Renters should contact their building department or use local mediation or legal services for persistent issues.
- 2. Identifying Infestations:** Look for signs like blood spots, bedbug skins, and dark excrement spots near beds and furniture.
- 3. Bites:** Bedbugs feed at night, causing itchy bites that can be mistaken for mosquito bites.
- 4. Origins and Spread:** They often enter homes via luggage or furniture and can spread through buildings.
- 5. Control:** Professional treatment is recommended. Cleaning, heat, and steam treatments help control infestations.



For more details, see [Westchester County's bedbug page](#).

The EPA page on bedbugs covers their **appearance** and **life cycle**. Bedbugs are small, oval, and brown, resembling apple seeds. Nymphs (young bedbugs) are smaller and lighter in color, while eggs are tiny and pearl-white. Bedbugs progress through five nymphal stages before adulthood, feeding on blood at each stage. For more on identifying and managing bedbugs, visit the [EPA's bedbugs page](#).

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

### TONY GAP, 10/11



## BUZZ CORNER & IMPORTANT DATES

**TUES, 11/26**- Thanksgiving Luncheon & party w/ entertainment by Tony Gap

**WED, 11/27**- Early closure at 2pm

**Thurs & Fri, 11/28-11/29** – **CENTER CLOSED** for Thanksgiving

**FRI, 11/8** – The Windbreakers

**TUES, 11/12**- ARTS & CRAFT SALE at 10:30 AM

**THURS, 11/14**- Medicare Part 2.

**FRI, 11/15** – The Melodians performance

**FRI, 11/22** – Karaoke