



Menu for December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Kasha Knish Hummus Garden Salad Whole Wheat Bread Apple and Milk Alternate: Egg Salad</p>	<p>3 Hungarian Goulash with Beef Roasted Sweet Potato Slices Egg Noodles Whole Wheat Bread Orange and Milk Alternate: Tuna Salad</p>	<p>4 Aromatic Lentil Stew w/ Carrots and Turnips Braised Red Cabbage Brown Rice Whole Wheat Bread Banana and Milk Alternate: Omelet *Cookie</p>	<p>5 Baked Salmon/ Dill Lemon Sauce Creamy Spinach (Dairy-free) Roasted Butternut Squash Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>6 Hawaiian Chicken Roasted Spiced Red Potatoes Steamed Carrots Challah Bread Applesauce and Milk Alternate: Gefilte Fish</p>
<p>9 Chicken Marsala Roasted Beets Brown Rice (1/2 cup) Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>	<p>10 Baked Barramundi Fish Garden Salad Roasted Potato Whole Wheat Bread Orange and Milk Alternate: Sliced Turkey</p>	<p>11 Stuffed Cabbage with Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Banana and Milk Alternate: Egg Salad</p>	<p>12 Curry Chickpea Stew (Pre-prep'd) Steamed Green Beans Brown Rice Whole Wheat Bread Pear and Milk Alternate: Breaded Pollack *Birthday Cake</p>	<p>13 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Omelet</p>
<p>16 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Egg Salad</p>	<p>17 Chicken Spaghetti Casserole Green Beans Whole Wheat Bread Orange and Milk Alternate: Tuna Salad</p>	<p>18 Baked Salmon /Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Banana and Milk Alternate: Sliced Turkey</p>	<p>19 Vegetarian Moussaka Tossed Salad with Dressing Fusilli Pasta with Parsley Whole Wheat Bread Pear and Milk Alternate: Omelet *Cookie</p>	<p>20 Holiday Luncheon & Party (Menu available separately) Entertainment by JJ Burton and Greg Peters</p>
<p>23 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack</p>	<p>24 Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice (1/2 cup) Whole Wheat Bread Orange and Milk Alternate: Egg Salad</p>	<p>25 CENTER CLOSED FOR CHRISTMAS</p>	<p>26 Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Nectarine and Milk Alternate: Sliced Turkey</p>	<p>27 Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>
<p>30 Classic Chicken Cacciatore Italian Blend Vegetables Whole Wheat Pasta Whole Wheat Bread Apple and Milk Alternate: Egg Salad</p>	<p>31 Oven Baked Falafel Patties Hummus (1/4 cup) Israeli Salad Whole Wheat Pita Orange and Milk Alternate: Breaded Pollack *Cookie</p>		<p>GLATT KOSHER</p>	



Calendar of Activities – December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 8:30- 11:00 (M3) Leisure Games 11:00- 12:00 (M3) Current Events 11:00- 12:00 (Ballroom) Staywell Exercise	8:30- 9:30 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 9:30- 11:00 (Ballroom) Chinese Culture Club Dancing 10:00- 12:00 (M4) Oil Painting 10:45- 12:15 (M3) Blood Pressure Screening 11:00- 12:00 (M2) Interesting and Informative Discussion 10:30 am – 2 pm (M2) *12/10 Arts and Crafts Sale 11:15 am (Crystal Room) *12/17 Holiday Scam Presentation by 112th Precinct	*Center CLOSED on 12/25 8:30- 9:45 (M4) Ping Pong 8:30- 12:00 (M3) Leisure Games 10:00- 11:00 (Computer Lab) Today's Technology 10:00-12:00 (M4) Chinese Culture Group Singing 11:00- 12:00 (Computer Lab) Surfing the Internet 11:15 am (Crystal Room) *12/4 Nutrition Workshop by Amelia Jalandoni *12/11 Disaster Preparedness by Sgt. Tirado, Citizen Preparedness Corp.	8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese 10:45- 12:15 (M3) Blood Pressure Screening 11:15 am (Crystal Room) *12/19 Tenant Rights and Protection by Sam Yang, Queensborough Council for Social Welfare	8:30- 10:45 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 11:00- 12:00 (M4) Bingo
LUNCH BREAK				
12:30- 3:45 (M4) Ping Pong 1:00- 2:00 (Computer Lab) Technology Assistance 1:30- 2:30 (Crystal Room) Zumba Gold 3:00- 3:45 (M3) Leisure Games	12:30- 3:00 (M4) Drawing 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M3) Arts & Crafts (Jewelry) 1:00- 2:00 (M2) Drama Group 1:30- 2:30 (Crystal Room) Tai Chi	*Center CLOSED on 12/25 12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00- 3:00 (M3) Chinese Culture Club Dancing 1:00- 3:30 (Computer Lab) 1:30- 2:30 (Ballroom) Yoga	12:30- 3:45 (M4) Ping Pong 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M2) Arts & Crafts (Needlepoint) 1:30- 2:30 (Ballroom) Line Dancing	1:00- 3:45 (M4) Ping Pong 1:00- 2:30 (Computer Lab) 1:00- 3:00 (M3) Chinese Culture Club Dancing 1:00-2:30 (M2) Chinese Culture Group Singing Entertainment (1:15-2:15 pm, Crystal Room) *12/6 – Tony Gap *12/13 – Juan Ortega *12/20 – (See Menu Page) *12/27 – Windbreakers

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

DECEMBER 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*

Greetings! We are on the final leg of completing another chapter in our lives.....surviving another year. As we reflect, we need to be thankful (to whomever you might deem responsible-your belief) for all that you were able to achieve/accomplish/maintain/suppress/overcome/defeat/enjoy. For those who are “shut in” and are physically unable to attend Austin Street, please remember that you can participate in some of our exercise programs from home. In general, I implore you all to reach out to the relevant service provider/s, if you think that your health, mental status or general well-being is being affected/compromised. It is our duty to take care of each other.

A “Super Duper” THANK YOU to all those who came out to celebrate with us on Tuesday, November 26, when we hosted our thanksgiving luncheon at Austin Street. To the many volunteers, this could not have happened without your hard work. I truly appreciate your input in making this a success. I have been at Austin for almost 3 years and have never seen a crowd of that size in attendance. It is my understanding that pre-Covid, numbers were in excess of 300. However, 275 is a record for post-Covid attendance. You made it happen! For those who were unable to attend, we hope that in the future, you will be able to. If not, you can make the appropriate arrangements to have your meal picked up. Please give us a call if you would like to get a full explanation on how this can work.

We continue to stay on top delivery where your meals are concerned - working closely with the caterer. Just remember that it is almost impossible to have a perfect meal every single day, especially from a caterer. Even at home, we fall short at times when preparing our own meals. If you think that there hasn't been any significant improvement in meals being consumed here at Austin over the past few months, please let me know what the issue is, and what kind of solution you have in mind.

On a sad note, we express our condolences to the family of Stephen Schwartz (Steve) who passed on last week. Steve worked in the office here at Austin Street for over 5 years, as the administrative assistant, as most of you can recall. After retirement, he relocated to Long Island and succumbed to his illness last week.

As we approach the holiday season, I am begging you all to be vigilant/alert and cognizant of the fact that older adults are more vulnerable to scams in general, especially holiday scams. For that reason, we will be hosting a presentation on holiday scam on December 17, 2024 - presenters from the 112th PCT. While you await this presentation, please make note and equip yourself with the ways and means that these fraudsters use to defraud you of your hard-earned income. In many instances, the banks will not refund you, depending on the circumstances.

Our holiday luncheon is coming up and will be held downstairs in the ballroom on Friday, December 20 at noon. The total count for meals will be 240, so if you intend on joining us, please arrive early enough to ensure that you get a ticket. The main entree will be chicken breast stuffed with wild rice. A complete menu will be available within days, so please be on the lookout. Entertainment will be by JJ BURTON & GREGG PETERS - ELVIS. You can't afford to miss this.

I will close by saying, be of good cheers and try to be the best version of YOU today, while you prepare to be a better version of yourself tomorrow. Although tomorrow is never promised, we all look forward to waking up to see a new day - that's hope. KEEP HOPE ALIVE. For those who celebrate, I wish for you, friends and family, a peaceful, happy, memorable, and special holiday season. Thank you.

Ingredients

- 1 pound hot-smoked salmon
- 1 (8-ounce) package cream cheese, softened
- 1/2 cup mayonnaise
- 1/3 cup chopped red onion
- 1 green onion, finely chopped, plus more for garnish
- 2 tablespoons capers, drained
- 1 1/2 tablespoons lemon juice
- 1 tablespoon chopped fresh dill, plus more for garnish
- 1 teaspoon salt-free Creole seasoning
- crackers and crostini, for serving

Directions

Flake smoked salmon with a fork.

Beat together cream cheese and mayonnaise in a large bowl with an electric mixer at medium speed until smooth. Add red onion, green onion, capers, lemon juice, dill, and Creole seasoning; mix well. Gently fold in smoked salmon.

Chill in an airtight container at least 2 hours (and up to 3 days). Garnish with additional dill and green onions. Serve with crackers and crostini.

Best Smoked Salmon Dip

<https://www.allrecipes.com/best-smoked-salmon-dip-recipe-8741722>

This easy, party-ready dip is perfect for any get-together. You can make this up to three days in advance.



Prep Time: 15 mins

Chill Time: 2 hrs

Total Time: 2 hrs 15 mins

Servings:

32

!!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 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!**

Exploring Senior Assistance Programs in New York: Benefits for Senior Citizens

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

Meals on Wheels

Meals on Wheels is an essential service that provides nutritious meals and companionship to homebound seniors in New York City. This program serves as a life-line for many older adults, offering not only food but also vital social interaction.

Citymeals on Wheels, a prominent organization in New York City, has made a significant impact on the lives of seniors. They have served over 22,000 neighbors and delivered more than 70 million meals. With the help of 18,000 dedicated volunteers, the program ensures that homebound elderly residents receive regular meals and friendly visits.

In addition to regular meal deliveries, Citymeals on Wheels maintains a stock of over 50,000 emergency meals. This preparedness allows them to respond quickly to unforeseen circumstances or crises that may affect seniors' access to food.

Supplemental Security Income (SSI)

Supplemental Security Income (SSI) is a program designed to help aged, blind, and disabled individuals with limited income and resources. To be eligible for SSI, seniors must be 65 years or older, have limited income and resources, and be U.S. citizens or qualified aliens.

SSI provides state-funded financial assistance as part of the monthly benefit paid to most recipients. The New York State Supplement Program (SSP) offers additional state-funded assistance to SSI recipients. Eligibility for SSP automatically qualifies individuals for Medicaid, providing access to essential healthcare services.

Benefit amounts for SSI and SSP vary depending on factors such as living arrangements, income, and county of residence. It's important for seniors to report any changes in their circumstances to the SSA or the New York State SSP, as these changes may affect their eligibility and benefit amounts.

Free Senior Transportation for Medical Appointments



To reserve your car, please call (718) 559-4352,
Monday to Friday between 9:00am-12:00pm
one day in advance of your trip

Guidelines:

- Each month, seniors who reside in Queens are eligible for either:
 1. three rides in Queens or
 2. one ride outside of Queens and one ride within Queens
- Travel is restricted to five NYC Boroughs and Western Nassau County
- Program will operate until funds are depleted

*Funded by a grant from
Council Member Lynn Schulman*

CROHN'S AND COLITIS AWARENESS WEEK

[CROHN'S AND COLITIS AWARENESS WEEK - December 1-7 - National Day Calendar](#)

Every year on the week of **December 1 through the 7**, we observe Crohn's and Colitis Awareness week. Both Crohn's and Colitis are main forms of inflammatory bowel diseases, and are characterized by chronic inflammation of the digestive tract. There are a few key differences between the two, though.

Crohn's disease causes inflammation in the digestive tract, which leads to abdominal pain, severe diarrhea, fatigue, unexplainable weight loss, and malnutrition. Ulcerative Colitis causes inflammation and ulcers in the lining of the rectum and colon, and has symptoms like severe tiredness, anemia, bleeding from the rectum, sores on the skin, joint pain, and loss of appetite. Both diseases are extremely uncomfortable, and, though it's not common, some people with these diseases can die from IBD (inflammatory bowel disease) related causes.

HISTORY

The Crohn's & Colitis Foundation is a non-profit organization dedicated to finding a cure for Crohn's Disease and Ulcerative Colitis. This foundation supports Crohn's & Colitis Awareness Week and hopes that all of us can raise enough awareness so that someday, a cure is found.

CDPAP (Must be enrolled in Medicaid)

If you're a senior living with a disability and need help with daily activities, then CDPAP might be beneficial for you.

CDPAP stands for Consumer Directed Personal Assistance Program. It is a program funded by New York State Medicaid to provide care for those who are living with a health condition or disability and may need help with various daily living activities (bathing, grooming, dressing, hygiene, etc.).

One of the biggest benefits of CDPAP is that you can hire friends and family members as care providers. They provide you care and get paid through CDPAP (funded by Medicaid).

To be eligible to hire friends/family members as caregivers through CDPAP, you must meet the following requirements.

- NY state resident
- Must be eligible for/enrolled in NY Medicaid
- Have a long term disability that makes you need assistance with various daily tasks
- You must be self-directing, as in you can hire and direct care providers on your care needs

For all the details on eligibility please meet with Social Worker, Jolanda.

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



MELODIANS 11/15



KARAOKE 11/22



Thanksgiving Luncheon 11/26

BUZZ CORNER & IMPORTANT DATES

TUES, 12/10- Arts and Crafts Sale

WED, 12/11- Disaster Preparedness by Sgt. Tirado, Citizen Preparedness Corp.

FRI, 12/13 – Juan Ortega

TUES, 12/17- Holiday Scam Presentation by 112th Precinct

THURS, 12/19 - Tenant Rights and Protection by Sam Yang, Queensborough Council for Social Welfare

FRI, 12/20 – Holiday Luncheon & Party w/ Entertainment by JJ Burton and Greg Peters

WED, 12/25- CENTER CLOSED FOR CHRISTMAS

FRI, 12/27 – Windbreakers