



Menu for February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack</p>	<p>4 Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice (1/2 cup) Whole Wheat Bread Orange and Milk Alternate: Egg Salad</p>	<p>5 Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>6 Eggplant Tofu Rollatini Fusilli Pasta with Parsley Steamed Carrots Garlic Bread Banana and Milk Alternate: Omelet *Cookie</p>	<p>7 Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>
<p>10 Classic Chicken Cacciatore Italian Blend Vegetables Whole Wheat Pasta (1/2 cup) Whole Wheat Bread Apple and Milk Alternate: Omelet</p>	<p>11 Oven Baked Falafel Patties Hummus Israeli Salad Whole Wheat Pita Orange and Milk Alternate: Tuna Salad *Cookie</p>	<p>12 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Pear and Milk Alternate: Breaded Pollack</p>	<p>13 Baked Salmon/ Dill Lemon Sauce Braised Red Cabbage Rice Pilaf Whole Wheat Bread Banana and Milk Alternate: Sliced Turkey</p>	<p>14 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad *Valentine Cake</p>
<p>17 CENTER CLOSED for PRESIDENTS' DAY</p>	<p>18 Vegetarian Three Bean Chili Zucchini Provencal Brown Rice Whole Wheat Bread Orange and Milk Alternate: Breaded Pollack *Cookie</p>	<p>19 Beef Pot Roast/Sauteed Onions and Peppers Mashed Sweet Potatoes Spinach Souffle; Wheat Bread Pear and Milk Alternate: Egg Salad</p>	<p>20 Breaded Pollack Garden Salad Roasted Potatoes Whole Wheat Bread Banana and Milk Alternate: Sliced Turkey</p>	<p>21 Roasted Chicken Brown Gravy California Blend Vegetables Rice A Roni Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>
<p>24 Kasha Knish Hummus Garden Salad Whole Wheat Bread Apple and Milk Alternate: Egg Salad</p>	<p>25 Hungarian Goulash with Beef Roasted Sweet Potato Slices Egg Noodles Whole Wheat Bread Orange and Milk Alternate: Omelet</p>	<p>26 Lentil Stew w/ Carrots & Turnips Braised Red Cabbage Brown Rice Whole Wheat Bread Pear and Milk Alternate: Tuna Salad *Birthday Cake</p>	<p>27 Baked Salmon/ Dill Lemon Sauce Creamy Spinach (Dairy-free) Roasted Butternut Squash Whole Wheat Bread Banana and Milk Alternate: Sliced Turkey</p>	<p>28 Hawaiian Chicken Roasted Spiced Red Potatoes Steamed Carrots Challah Bread Applesauce and Milk Alternate: Breaded Pollack</p>
<p>GLATT KOSHER</p>				



Calendar of Activities – February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CENTER closed on Feb 17	8:30- 9:30 (M4) Ping Pong	8:30- 9:45 (M4) Ping Pong	8:30- 12:00 (M4) Ping Pong	8:30- 10:45 (M4) Ping Pong
8:30- 12:00 (M4) Ping Pong	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) Leisure Games	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 12:00 (Computer Lab)	9:30- 11:00 (Ballroom) Chinese Culture Group Dancing	10:00- 11:00 (Computer Lab) Today's Technology	10:30- 12:00 (M2) English for Chinese	11:00- 12:00 (M4) Bingo
8:30- 11:00 (M3) Leisure Games	10:00- 12:00 (M4) Oil Painting	10:00-12:00 (M4) Chinese Culture Group Singing	11:15 am (Crystal Room) *2/20 Disaster Preparedness by Sgt. Tirado	
11:00- 12:00 (M3) Current Events	10:45- 12:15 (M3) Blood Pressure Screening	11:00- 12:00 (Computer Lab) Surfing the Internet		
11:00- 12:00 (Ballroom) Staywell Exercise	11:00- 12:00 (M2) Interesting and Informative Discussion	11:15 am (Crystal Room) *2/5 Nutrition Education by Amelia Jalandoni *2/19 Nutrition Education by Amelia Jalandoni		
	11:15 am (Crystal Room) *2/11 Medicare Now Presentation			
LUNCH BREA				
12:30- 3:45 (M4) Ping Pong	12:30- 3:00 (M4) Drawing	12:30- 3:45 (M4) Ping Pong	12:30- 3:45 (M4) Ping Pong	CENTER closes at 2PM on 2/14
12:30- 3:00 (M3) Melodians Practice (Starting 2/10)	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) Leisure Games	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M4) Ping Pong
1:00- 2:00 (Computer Lab)	1:00- 3:45 (M3) Arts & Crafts (Jewelry)	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M2) Arts & Crafts (Needlepoint)	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	1:30- 2:30 (Ballroom) Line Dancing	1:00-2:30 (M3) Chinese Culture Group Singing
3:00- 3:45 (M3) Leisure Games	1:30- 2:30 (Crystal Room) Tai Chi			Entertainment (1:15-2:15 pm, Crystal Room) *2/7 – Russell Targrove (Valentine Party, Cupcake after Performance) *2/21 – Tony Gap *2/28 – Juan Ortega

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
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TEL: (718) 520-8197

Funded in Part by the NYC-Aging

Monthly Newsletter

FEBRUARY 2025

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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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*

We started off the year 2025 with a lot of enthusiasm, but January came with many incidents. I have found myself writing numerous incident reports, shining the spotlight on Austin Street. Every organization has its own rules, policies, and bylaws, and Selfhelp is no different. We are partially funded by the Department for the Aging (DFTA), and therefore, we must follow their guidelines.

Some individuals are under the impression that Selfhelp Austin Street is creating its own rules. Yes, we do have rules, but within limits. Something as simple as not washing your hands after using the bathroom is not a rule—it's common sense and basic hygiene. Failure to comply is considered unsanitary and unsafe for everyone utilizing the center's benefits and services.

Where there are misunderstandings or disagreements, individuals are encouraged to report these matters to a staff member. If you are not satisfied with the outcome, we have a Grievance Policy in place—please make use of it.

The computer lab is up and running with eight chairs, and we expect to receive six more within the next month. The drapes for room M4 have been laundered and are ready to be hung; we're just waiting for new rods, as the older wooden ones were misplaced.

Previously, I mentioned the need for an assistant to support Angel and assist in the office when necessary. I'm pleased to share that Haley has joined us at Austin Street and is doing a terrific job, working from 10:00 a.m. to 2:00 p.m. We're also fortunate to continue receiving daily help from the high school students.

The number of players using M4 for ping pong is increasing daily. As a result, I've requested permission to use the downstairs ballroom for ping pong when available. However, we face one challenge—we don't have enough tables. This could also be a solution for Tuesday ping pong sessions. If you have any ideas on how we can acquire at least two tables, please see me.

Membership is steadily growing, as seen in the number of new registrations each week. Please encourage your friends, family members, and associates to join and enjoy their golden years with us.

If you'd like to participate in any activities, including Friday entertainment, you must provide consent. If you attempt to join activities without it, we will kindly ask you to leave. For those with concerns about this policy, please contact the Department for the Aging (DFTA).

I believe we're on the right track with the meals being served at Austin. If you feel otherwise, please let me know. Your feedback is vital in helping us maintain and improve the quality of our services. We can't request changes if we're unaware of your concerns.

Funding for the free medical transportation service is always limited. We've requested an increase in funding compared to last year. While there's no guarantee, we remain hopeful despite the current political climate. We're also optimistic that there will be no cuts to services for older adults nationwide. Although there was a proposed \$80 million cut to senior services in New York for fiscal year 2026, the adopted budget has reversed these cuts and restored the funding.

However, Medicaid may face changes, including a proposed 5-year "lookback" period that could affect eligibility for some older adults. Let's keep our fingers crossed.

Thank you again for your service to Selfhelp Austin Street. I am always grateful. This is one way I can express my appreciation and let you know that, even if I don't say it often enough, I truly value each of you—staff, PAC, volunteers, and members alike.

Keep your mind in control—let your thoughts be pure so your heart can understand. Remember, your true self should guide you, not your alter ego. Always show your primary personality—it's a reflection of who you truly are.

Disparities

Heart health is one of the most common areas where African Americans experience disparities, as NYSOFA reflected in a February 2023 column.

African Americans comprise approximately 13% of the U.S. population, yet they make up more than 35% of all patients on dialysis due to kidney failure.

Additionally, about 4.9 million African Americans over the age of 20 are living with either diagnosed or undiagnosed diabetes. Diabetes is the leading cause of kidney disease.

- Cancer is the second-leading cause of death among Black people in the U.S., according to the [U.S. Centers for Disease Control and Prevention](#). Black men get and die from cancer at higher rates than men of other races and ethnicities. While White women have the highest rates of getting cancer, Black women have the highest rates of dying from cancer.
- [Prostate cancer is more common in Black men](#). It tends to start at younger ages and grows faster than in men of other racial or ethnic groups, but medical experts do not know why.



Black History Month and Health Equity

[Black History Month and Health Equity | Office for the Aging](#) By Colleen Scott, NY-SOFA Advocacy Specialist

February is Black History Month, a time to celebrate the achievements of African Americans and honor the significant role and impact they have made throughout U.S. history.

In 1976, President Gerald Ford officially recognized Black History Month to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”

Black History Month is a time to recognize both the well-known and the lesser-known significant contributions of African Americans to society, including:

- **Ruby Bridges**, whose attendance helped lead to the desegregation of schools.
- The invention of the three-light traffic signal by **Garrett Morgan** in 1925.
- **Henrietta Lacks**, whose cells (taken without her consent) were used to test the effects of radiation and poisons, playing a crucial role in the development of the polio vaccine.

All Americans have benefitted from these significant contributions. Unfortunately, Black Americans still experience disparities in income, education, health care and many other areas due to disparities that also call our attention during Black History Month.

!!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!**

5 big changes to Medicare 2025 plans you should know during open enrollment

[Medicare 2025 plans: 5 key changes to Part D, Medicare Advantage costs](#)

- Medicare is a federal health insurance program for older adults ages 65 and older.
- Open enrollment for 2025 Medicare plans runs through December 7.
- Some major changes in 2025 include a new \$2,000 out-of-pocket max under Part D, eliminating the plan's "donut hole" coverage gap, and fewer Medicare Advantage

As of January 1st, five big changes will take effect for [Medicare](#) — a federal health insurance program for adults ages 65 and older.

Every year, senior adults have between October 15th through December 7th to [enroll](#) in Medicare or change plans.

There are [four main parts](#) to Medicare:

[Part A](#) helps to cover inpatient care in hospitals, skilled nursing facilities, and home health care.

[Part B](#) is for outpatient coverage, such as diagnosing and treating an illness at the doctor's office, as well as preventive services, such as vaccines and wellness visits.

[Part C](#)—also known as the [Medicare Advantage](#) plan—is bundled coverage that includes Parts A, B, and sometimes D.

Fewer Medicare Advantage Plans in 2025

Starting January 1st, there will be fewer Medicare Advantage plans available.

"Medicare Advantage Plans are the alternative to receiving their Medicare through Original Medicare," said Ryan Ramsey, associate director of health coverage and benefits for the National Council on Aging.

Heart disease is the leading cause of death for men and women. The most common type of heart disease is coronary artery disease, which can lead to a heart attack. While some heart attacks are sudden and intense, others can start slowly with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. Pay attention to any of the following warnings of a possible heart attack:

- *Chest pain or discomfort;*
- *Pain or discomfort in the jaw, neck or back;*
- *Feeling weak, light-headed or faint;*
- *Pain in arms or shoulder;*
- *Shortness of breath; and*
- *Nausea (an extra symptom in women)*

Talk with your health care provider. Ask about lifestyle, exercise and dietary changes you can make to cut your risks. Follow your doctor's advice and take your medicines as directed. Most importantly, if you think you are having a heart attack, call 911 right away. Quick action helps save lives.



February is Heart Health Awareness Month

[February is Heart Health Awareness Month](#)

How to Prevent a Heart Attack

The best way to survive a heart attack is to never have one. How can you prevent becoming one of the millions of Americans who suffer a heart attack? There is actually a lot you can do to protect your heart. Knowing the risks and symptoms of heart disease is a good start.

Key risk factors for heart disease are:

- High Cholesterol;
- Hypertension;
- Smoking;
- Diabetes;
- Unhealthy body weight;
- Too much alcohol; and
- Lack of physical activity

Age is also a risk factor. Your risk for heart disease goes up as you age. In fact, heart disease is the leading cause of death in people 65 and older. There are lifestyle choices and changes you can make to lower your risk. When you control your risk factors, you help protect your heart. It's easy to get started. Here are a few ideas:

- Eat healthy meals
- Add exercise to your life
- If you smoke, quit

"These plans are offered by Medicare-approved private companies that must follow rules set by Medicare and provide Medicare Part A (hospital insurance) and Part B (medical insurance) coverage, as well including drug coverage (Part D) in most cases, all under one plan," Ramsey told MNT.

"In most cases, you'll need to use health care providers who participate in the plan's network; however, some plans offer non-emergency coverage out-of-network, but typically at a higher cost," he continued. "These plans may also offer additional extra benefits like vision, dental or fitness and wellness benefits that are not covered by Medicare."

"The number of Medicare Advantage plans that will be available to the average person is expected to decrease by 7%," Ramsey added. "This may result in less additional benefits being offered, smaller networks within plans, and an increase in overall out-of-pocket costs. However, the number of plans available in 2025 is still in the top three largest since 2010."

No more Part D 'donut hole' coverage gap

Starting on January 1st, a new approach to Medicare Part D will remove the infamous "donut hole" and establish a new hard limit of \$2,000 per year for out-of-pocket Part D drug spending.

"The Inflation Reduction Act aims to improve Medicare benefits by reducing out-of-pocket costs for prescription drugs," Kanwar Kelley, MD, JD, co-founder and CEO of Side Health explained to Medical News Today. "This is being done by shrinking the 'donut hole' for prescription drug coverage. The 'donut hole' refers to the gap between a plan's initial prescription medication coverage by co-payment or coinsurance and the time when a person meets catastrophic coverage limits where Medicare resumes sharing costs.

"While inside of the 'donut hole,' an individual must pay for their medications entirely out of pocket. Starting in 2025, the out-of-pocket costs before reaching the catastrophic stage will be capped at \$2,000. Until now the limits were set at \$8,000. This will mean substantial savings for patients who depend on costly prescription medications."

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



TONY GAP 1/10



LUNAR NEWS YEAR PERFORMANCE 1/31

BUZZ CORNER & IMPORTANT DATES

TUES, 2/11 – MEDICARE NOW presentation

FRI, 2/14- EARLY CLOSURE AT 2pm

MON, 2/17- CENTER CLOSED for president's day

WED, 2/19- NUTRITION EDUCATION by Amelia

THURS, 2/20- Disaster Preparedness by Sgt. Tirado

FRI, 2/21- TONY GAP

FRI, 2/28- Juan Ortega