

## 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

## MARCH 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

Barrington McFarlane - Program Director, MSW, BA

[bmcfarlane@selfhelp.net](mailto:bmcfarlane@selfhelp.net)

Naoto Yoshida - Database Coordinator

[nyoshida@selfhelp.net](mailto:nyoshida@selfhelp.net)

Jolanda Jeffrey - Social Worker

[jjeffrey@selfhelp.net](mailto:jjeffrey@selfhelp.net)

Roseann Rosado, Managing Director - Senior Communities

[roseann.rosado@selfhelp.net](mailto:roseann.rosado@selfhelp.net)

Sylvia Liu Administrative Assistance

[syliu@selfhelp.net](mailto:syliu@selfhelp.net)

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

MESSAGE FROM PROGRAM DIRECTOR— *Barrington McFarlane*

Greetings! This past month was like nothing we have seen in a very long time, in terms of the harsh temperatures and snowy days. Most people did what was best, and stayed home as a precaution. Although naturally, attendance plummeted on some days and slightly declined on others. I do support you in making the call not to attend the center on those day, because I recognize and will always support the phrase, “safety first.” At Austin Street, your safety and well-being is of paramount importance.

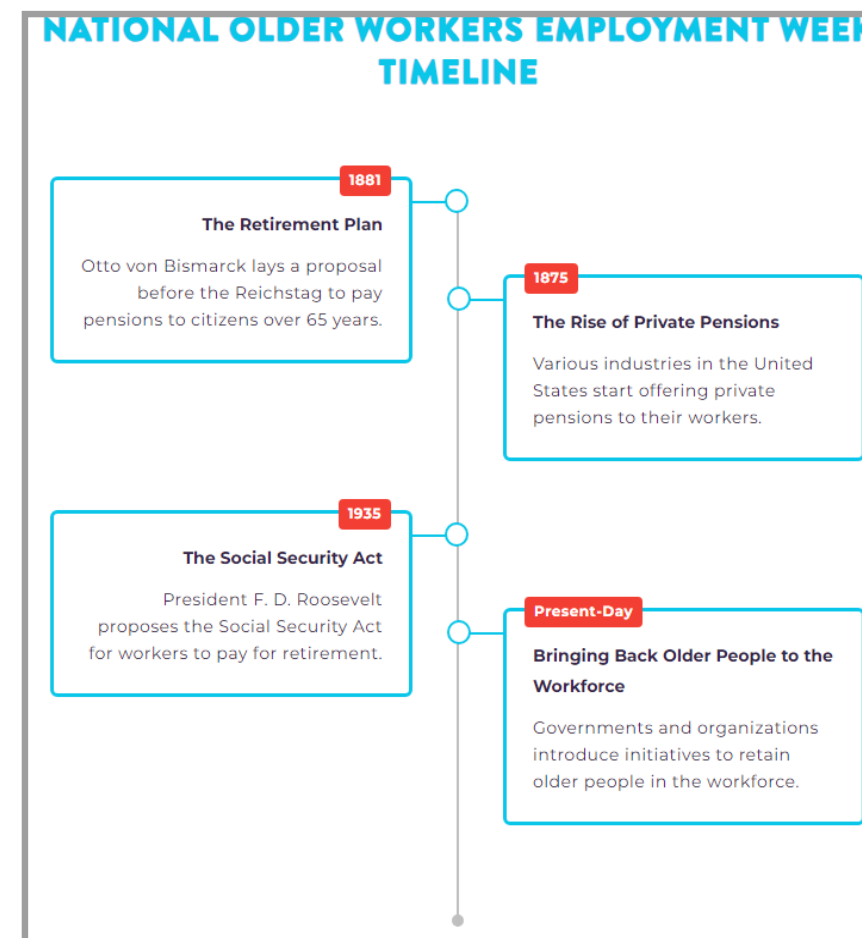
With that being said, I am making an appeal to members that use the Upper Crystal. Please extend the necessary courtesy to members who are unable to access the lower crystal. Likewise, I am appealing to the same members who are unable to access the lower crystal. Please be mindful of other members around you while you sit or prepare to sit at a table. You cannot block/impede others with your walker, scooter, etc. Bag, shopping carts, walker, etc., when placed on the floor, should not in anyway, impede the movements of other members. It is the responsibility of everyone, to ensure that we minimize the risk of “trip and fall”, at all cost. Please be reminded – NO RESERVATION OF SEATS.

Selfhelp prides itself in ensuring that it is optimizing all aspects of benefit, services, etc., that it provides for older adult across its entire business model. As such, withing a few weeks/months, they will be conducting a random survey – conducted by an outside vendor, in order to get a better understanding of their position in serving older adults. For those who may potentially be a part of this survey, I would just like to reiterate that neither your name nor any other personal identifier will be disclosed/used for any other purposes other than the survey. Should this happen, please let us know immediately. Thank you for your willingness to be a part of this important service improvement mission.

The second set of chairs for the computer room was ordered and should get to us by the first week of March. We are awaiting warmer weather to complete the installation of new ethernet wiring for internet service in the computer room. We are thinking of making a few more minor upgrades in the computer room, but we will wait on availability of funds before making any commitment. You will be informed accordingly.

I must apologize on behalf of our caterer for the unfortunate return of “tilapia” as the main entrée, recently. In addition to baked salmon, breaded pollack will be introduced as a main entrée. You made the request, and we will make it happen. An attempt was made to have “gefilte fish” as an alternative, but it appeared then that most members were not receptive to this. If you think that this is still an option, please gather your feedback and let us know if you truly want this to happen. Please be reminded that if the meals being provided to you are not to your liking, you can make your opinion know by speaking to a member of staff or you can utilize the suggestion box – on the table inside the main hallway. Over the 3 years that I have been at Austin Street, several members (known and unknown to me) have passed on. I would like to take this opportunity to create space for us to remember them and reflect on their positive qualities, their laughter, kindness, inspiration, warmth, and the way that they have positively impacted life in general. Life is short. I implore you, enjoy life. Take time to let go off anger and love more. Take time to care for others without neglecting your own needs and well-being. Take time to have fun and stop making excuses – you deserve a happy life – life is too short. Live life without regrets and make those plans come to fruition. You have one life to live – live it. Enjoy.  
**THANK YOU**

In the 1900s, the retirement industry boomed, and Florida became the retirement destination for the white-collar class. Retired workers became known as senior citizens, and the American Association of Retired Persons turned into “AARP Inc.” Today, governments and organizations worldwide are developing initiatives to bring back older people into the workforce and have them work until they can’t work anymore.



**Solutions to: Anagrams - Ireland**

1. Saint Patrick
2. Shamrock
3. Dublin
4. Green
5. Leprechaun
6. Irish dancing
7. Republic
8. Harp
9. Potato famine
10. Gaelic
11. Four leaf clover
12. Pot of gold
13. Rainbow
14. Limerick
15. Emerald Isle



# National Older Workers Employment Week

March 9-15, 2025

[NATIONAL OLDER WORKERS EMPLOYMENT WEEK - March 9-15, 2025 - National Today](#)

National Older Workers Employment Week takes place during the second full week in March to recognize the contribution of older workers to the workforce and encourage more employers to hire them. This year, it takes place from March 9 to 15. Did you know that before the introduction of retirement in 1883, people worked until they couldn't work anymore? The current retirement age in the United States is 65 years. However, employers have been using various tactics to force people older than 40 years out of the workforce in the past few years. National Older Workers Employment Week is an initiative against such forced retirement.

## History of National Older Workers Employment Week

The origin of retirement can be traced to ancient Rome in the 13th century B.C. when the empire paid pensions to Roman Legionnaires who had served for 20 years. In the 18th century, Cotton Mather, a New England Puritan minister and author, used his popularity to campaign for elderly people to retire. He said, "Be glad of dismissal. . . Be pleased with the retirement which you are dismissed into." In 1883, Otto von Bismarck, the German chancellor, proposed an initiative to pay those 65 and older to leave the workforce. The idea was a political maneuver against Marxists gaining power and popularity. Before the end of the decade — in 1889 — the initiative became law, and citizens over 70 were paid pensions. This initiative quickly caught fire, and governments began adopting a similar retirement system.

In the mid-1800s, the U.S. government started providing public pensions to certain municipal employees — mainly in the big cities — including firefighters, police, and teachers. In 1875, American Express became the first company to offer private pensions. By the 1920s, private pensions had become widespread, and various industries — from railroads to oil to banking — had begun offering them to their employees. In 1935, the U.S. government under the administration of President Franklin D. Roosevelt introduced the Social Security Act, forcing workers to pay for their retirement. The official retirement age was then capped at 65.

## !!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 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!**

# BENEFITS FOR OLDER NEW YORKERS

<C:\Users\kchan\AppData\Local\Temp\mso6C67.tmp>

## Heating Equipment Repair or Replacement

The Heating Equipment Repair and Replacement Component of the Home Energy Assistance Program is available to help eligible low-income home owners repair or replace furnaces, boilers and other direct heating components necessary to keep their home's primary heating source functional.

Benefit amounts are based on the actual cost incurred to replace or repair the furnace, boiler and/or other essential heating equipment.

**To Apply: Visit the office to make an appointment with the Social Worker, Jolanda**



## Anagrams - Ireland

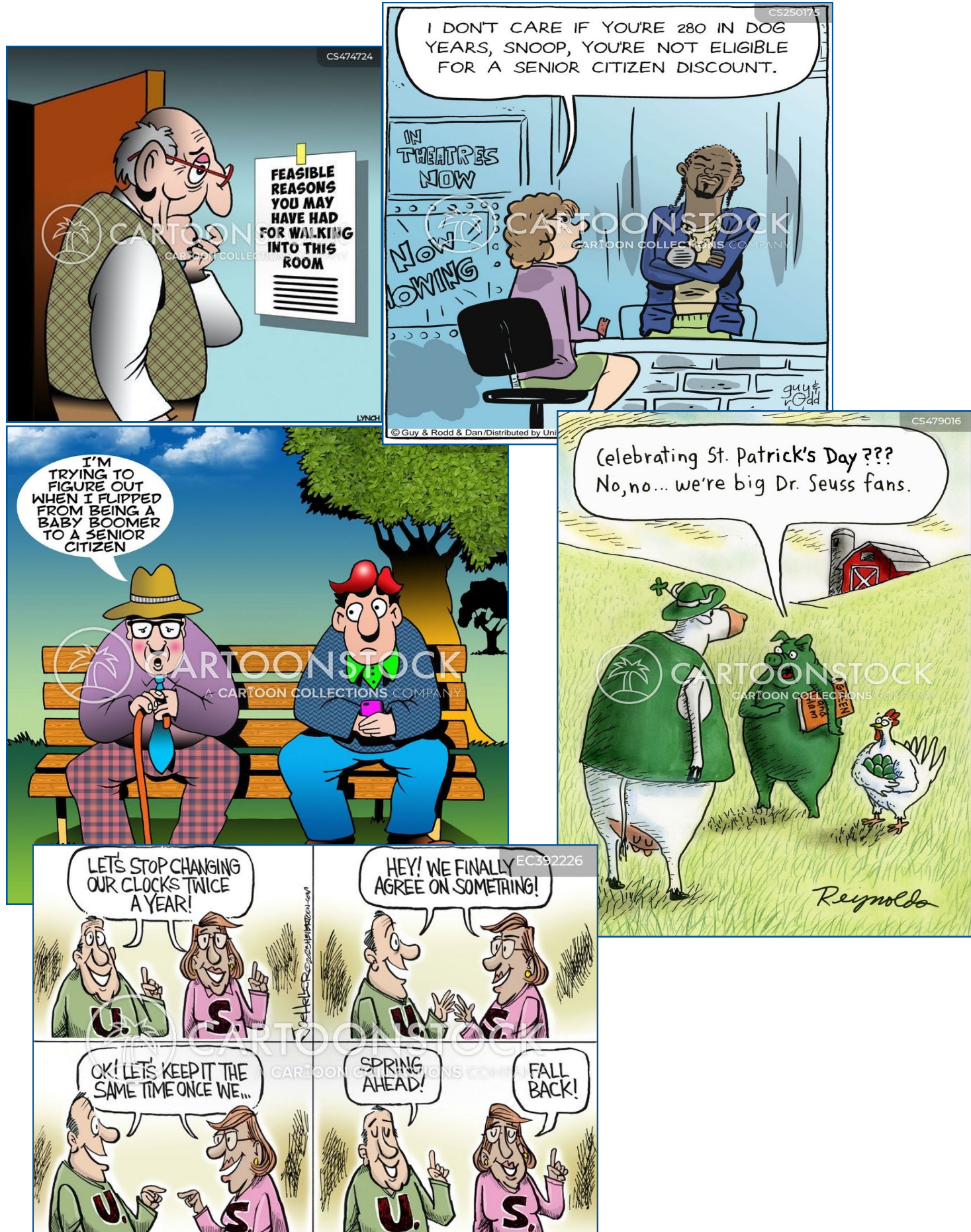
Unscramble the letters below to make words relating to all things Irish.

1. satin tackrip .....
2. rockhams .....
3. nilbud .....
4. genre .....
5. unclehaper .....
6. hisir canding .....
7. pubrelic .....
8. phar .....
9. topato fineam .....
10. icelag .....
11. rouf feal colver .....
12. top fo glod .....
13. iownbar .....

Answers at the back



# Senior Jokes & Chuckles



## March Is National Nutrition Month

National Nutrition Month is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes the Academy and its members to the public and the media as the most valuable and credible

source  
timely,  
typically  
food  
nutri-  
infor-



**Eat Right**

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

of  
scien-  
based  
and  
tion

### Food Connects Us

Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. What's more, health, memories, traditions, seasons and access can all impact our relationship with food.

This National Nutrition Month®, learn more about these connections and how the foods you eat impact your health throughout life.

#### Connect with food.

There are a variety of ways to connect with food. These include preparing your own meals and snacks and learning about how the ingredients you eat were grown or raised. Your ability to access food is also essential. Many people have a specific amount of money they're able to spend on food, which makes planning extra important when trying to eat healthfully.

#### Here are some tips for connecting with food:

- When purchasing food from a store, use a grocery list and pay attention to sales. When food is less processed, it's often more affordable.
- Learn about resources in your community that offer access to healthy foods, such as the Supplemental Nutrition Assistance Program (SNAP), Women Infants and Children (WIC), and food banks.
- Visit a farmers' market to ask about how your food was grown or raised, or consider starting a home or community garden to get hands-on experience with the growing process.

Whether you have a health condition that requires you to eat a certain way, or you just want to make changes to how you eat, preparing your own meals

makes it easier to control the ingredients and their amounts. It's also a chance for children and teenagers to interact with the food they eat and build healthy eating habits for life.



#### Explore the Connection Between Food and Culture.

Another way to connect with food includes learning about the traditions or history behind what you're eating. Whether a food is traditional or new to you, learning more about how and why it's prepared can be a valuable experience. It may help build a connection to the person that prepared it, teach about sustainability, or provide information about how it affects your health.



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



TONY GAP 2/21

## BUZZ CORNER & IMPORTANT DATES

**FRI, 2/28- Juan Orgeta**

**WED, 3/5- Nutrition Education by Amelia**

**THURS, 3/6- Elder Abuse by Cynthia Fernandez**

**FRI, 3/7 – Russell Targrove**

**FRI, 3/14 – St. Patrick's Day Party with J J Burton**

**WED, 3/19- Nutrition Education by Amelia**

**FRI, 3/21 – Juan Ortega**

**FRI, 3/28 – Karaoke**



Menu for March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken Marsala Roasted Beets Brown Rice Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>	<p>4 Breaded Pollack Garden Salad Roasted Potato Whole Wheat Bread Orange and Milk Alternate: Sliced Turkey</p>	<p>5 Stuffed Cabbage with Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Pear and Milk Alternate: Egg Salad</p>	<p>6 Curry Chickpea Stew Steamed Green Beans Brown Rice Whole Wheat Bread Banana and Milk Alternate: Breaded Pollack *Cookie</p>	<p>7 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Omelet</p>
<p>10 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Egg Salad</p>	<p>11 Chicken Spaghetti Casserole Green Beans Whole Wheat Bread Orange and Milk Alternate: Tuna Salad</p>	<p>12 Baked Salmon /Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>13 <b>Purim</b> Grilled Chicken Breast Vegetable Melange Broccoli, &amp; Cauliflower Red Roasted potatoes Whole Wheat Bread &amp; Milk Banana Alternate: Omelet *Hamantaschen</p>	<p>14 <b>St. Patrick's Day Luncheon</b> Corned Beef with Cabbage Baked Potatoes Steamed Carrots Rye Bread Fruit Cup Green Cup Cake Alternate: Tuna Salad</p>
<p>17 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack</p>	<p>18 Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice Whole Wheat Bread Orange and Milk Alternate: Egg Salad</p>	<p>19 Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>20 Eggplant Tofu Rollatini Fusilli Pasta with Parsley Steamed Carrots Garlic Bread Banana and Milk Alternate: Omelet *Cookie</p>	<p>21 Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>
<p>24 Classic Chicken Cacciatore Italian Blend Vegetables Whole Wheat Pasta Whole Wheat Bread Apple and Milk Alternate: Omelet</p>	<p>25 Oven Baked Falafel Patties Hummus Israeli Salad Whole Wheat Pita Orange and Milk Alternate: Tuna Salad *Birthday Cake</p>	<p>26 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Pear and Milk Alternate: Breaded Pollack</p>	<p>27 Baked Salmon/ Dill Lemon Sauce Braised Red Cabbage Rice Pilaf Whole Wheat Bread Banana and Milk Alternate: Sliced Turkey</p>	<p>28 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad</p>
<p>31 Hawaiian Chicken Steamed Green Beans Coconut Rice &amp; Pigeon Peas Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>			<p>Sunday, March 9 Daylight Saving Time begins at 2 A.M.</p>	<p><b>GLATT KOSHER</b></p>



Calendar of Activities – March 2025

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>	8:30- 12:00 (M4) <b>Ping Pong</b>	8:30- 10:45 (M4) <b>Ping Pong</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 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 11:00 (M3) <b>Leisure Games</b>	9:30- 11:00 (Ballroom) <b>Chinese Culture Group Dancing</b>	10:00- 11:00 (Computer Lab) <b>Today's Technology</b>	10:30- 12:00 (M2) <b>English for Chinese</b>	11:00- 12:00 (M4) <b>Bingo</b>
11:00- 12:00 (M3) <b>Current Events</b>	10:00- 12:00 (M4) <b>Oil Painting</b>	10:00-12:00 (M4) <b>Chinese Culture Group Singing</b>	11:15 am (Crystal Room) <b>*3/6 Elder Abuse by Cynthia Fernandez</b>	
11:00- 12:00 (Ballroom) <b>Staywell Exercise</b>	10:45- 12:15 (M3) <b>Blood Pressure Screening</b>	11:00- 12:00 (Computer Lab) <b>Surfing the Internet</b>		
	11:00- 12:00 (M2) <b>Interesting and Informative Discussion</b>	11:15 am (Crystal Room) <b>*3/5 Nutrition Education by Amelia Jalandoni</b> <b>*3/19 Nutrition Education by Amelia Jalandoni</b>		
<b>LUNCH BREAK</b>				
12:30- 3:45 (M4) <b>Ping Pong</b>	12:30- 3:00 (M4) <b>Drawing</b>	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>
12:30-3:00 (M3) <b>Melodians Rehearsal</b>	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) <b>Leisure Games</b>	1:00- 3:30 (Computer Lab)	1:00- 2:30 (Computer Lab)
1:00- 2:00 (Computer Lab)	1:00- 3:45 (M3) <b>Arts &amp; Crafts (Jewelry)</b>	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M2) <b>Arts &amp; Crafts (Needlepoint)</b>	1:00-2:30 (M3) <b>Chinese Culture Group Advanced Singing</b>
1:30- 2:30 (Ballroom) <b>Zumba Gold</b>	1:00- 2:00 (M2) <b>Drama Group</b>	1:30- 2:30 (Ballroom) <b>Yoga</b>	1:30- 2:30 (Ballroom) <b>Line Dancing</b>	<b>Entertainment</b> <b>(1:15-2:15 pm, Crystal Room)</b> <b>*3/7 – Russell Targrove</b> <b>*3/14 – St. Patrick's Day Party with J J Burton</b> <b>*3/21 – Juan Ortega</b> <b>*3/28 – Karaoke</b>
3:00- 3:45 (M3) <b>Leisure Games</b>	1:30- 2:30 (Crystal Room) <b>Tai Chi</b>			