

RULES FOR LUNCH

- 1. Please refrain from talking when a Speaker 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
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Funded in Part by the NYC-Aging

Monthly Newsletter JUNE 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*

Happy New Month! Talk about unprecedented – rainfall for the month of May 2025 almost doubled the average for the month of May, compared to other years. I’m sure most of you if not all, can’t wait to feel the real summer heat, or maybe not. Either way, the cold snap has now disappeared, which suggest that I will be seeing a larger turnout for programming at Austin Street. Please remember to educate your friends, family members, and loved ones about the benefits of staying active, eating right, exercising, socializing, and keeping an active mind. We provide the help with achieving these things.

Last month I mentioned that we found a volunteer to assist with blood pressure monitoring on Thursdays. Each person that volunteer to assist with blood pressure monitoring, has to be trained. I was informed by DFTA that they no longer do on-site training for this. This means I will have to make arrangements to get this volunteer trained at a later date. Please exercise some patience while I get this sorted out. I will get back to you on the progress. I am also making efforts to have the additional Yoga instructor (whom I mentioned a few months ago) decide if she is still interested in working with us at Austin, and when she would be available to start. In addition, I am exploring the possibility of introducing a separate art class on Friday afternoons – through the SUCASA Arts program or its affiliation. The exhibition (culmination) for the SUCASA Arts program will be held on June 13, commencing at 2:30 pm, immediately after our musical entertainment.

The Mother’s Day party held on May 9, was a huge success. If you missed it you missed the cake, the entertainment by JJ Burton, and the excitement on the dance floor. Karaoke was more fun than usual, with at least 2 new participants who showed some real talent. I hope that we can continue to provide a treat for Karaoke Fridays. Please come out and join us, whether or not you sing or dance. It’s your choice – sit and enjoy or get up and sing.

The “chatter” has begun once more, concerning the inevitable move of Austin Street to a new location. Unfortunately, I have no news to share where that is concerned. I know that plans are in place to ultimately relocate when there is concrete proof that the Jewish Center is sold. Is there a new contract for sale of the building? Is there an old contract? Is there a contract? I cannot answer these questions. I will still base my advice to you on the last update that I received – more than a year ago. Any move from Austin Street would not be before 2026/27, to say the least – I stand corrected. So, for now, and like I have said numerous times, come on out and enjoy what Austin Street has to offer, until that time comes.

I applaud all the volunteers who continue to tirelessly commit to assist Austin Street to function in providing a high level of service to this community and other neighboring communities of Queens. Without naming names, I see you. I know what you consistently do. My manager, my staff and I, as well as Self-help as a whole would just like to say THANK YOU. We are not perfect, but I can say that I have a wonderful staff. Please treat us with the same level of respect that you look forward to from us. With that being said, if we offend you in any way at any time, please do not hesitate to politely let us know.

The things in life that you cannot change – past or present, can destroy you quietly. Negative energy is like “bad food,” and will cause an allergic reaction. Speak it into your life, the courage/strength to take 1 step at a time, live one day at a time, away from that which is in the past – that negative energy. You can do what you WILL your mind to do. Try it and watch yourself recover from most illness – detox your mind – refresh your thoughts – think positively – live freely – enjoy the best of what life offers.

Thank you all for being a part of Austin Street OAC and we hope to see more of you in person in June.

Elder Abuse: Everyone’s business

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act that causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect.

WEAAD was officially recognized by the United Nations General Assembly in December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006.

In many parts of the world, elder abuse occurs with little recognition or response. It is a global social issue that affects the health, well-being, independence, and human rights of millions of older people worldwide and an issue that deserves the attention of all in the community.

According to WHO, prevalence rates or estimates exist only in selected developed countries – ranging from 1 to 10 percent. Although the extent of elder mistreatment is unknown, its social and moral significance is obvious.

Individuals, communities, municipalities, and organizations will come together across the globe to hold events on June 15th that raise awareness of elder abuse.

World Elder Abuse Awareness Day (WEAAD) 2025

World Elder Abuse Awareness – Building Strong Support for Elders



What is Elder Abuse?

Elder abuse can be financial, emotional, physical, and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Social isolation, financial or emotional stress, and dementia can make a senior vulnerable to abuse.

The consequences of elder abuse are grave: older adults who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes, and three times as likely to die. While studies show that 60% of abusers are family members, abuse can happen in any setting: in the older adult’s own home or a senior living community.

Between 1 million and 2 million Americans over 65 years old were injured, exploited or mistreated by someone they depended on for care or protection, according to the National Center for Elder Abuse.

!!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.



Registration and Consent Required

If you are not currently registered for services or have not provided consent, you may not participate in any activities, workshops, or entertainment at this center.

If you’re interested in becoming a member, please stop by the office to schedule an appointment, or call (718) 520-8197.

Note: Only 3 registrations are processed daily. Walk-ins are not accepted at this time.

Please have the following ready:

- Proof of age (e.g., driver’s license, passport, or photo ID)
- Emergency contact info (name, address, phone number)
- Primary Care Physician info
- List of medications (with dosage, frequency, and reason)
- List of allergies

June Benefits & Opportunities for NYC Seniors

June is a wonderful month for seniors across New York City to stay active, connected, and informed. Here are some seasonal benefits and opportunities just for you:

1. Enjoy the Outdoors

With warm weather and blooming parks, it's the perfect time for walks, picnics, or joining a local senior walking club. NYC Parks often host free events and fitness classes—check your borough's Parks Department calendar!

2. National Men's Health Month

Gentlemen, June is a great time to schedule checkups and screenings. NYC Health + Hospitals offers senior-friendly services across all five boroughs.

3. Celebrate Flag Day (June 14) & Juneteenth (June 19)

Join local commemorations at senior centers, libraries, and community groups. These holidays offer moments to reflect, connect, and honor our shared history.

4. Travel & Explore with Discounts

Take advantage of MTA reduced-fare MetroCards and senior discounts at NYC attractions like the Bronx Zoo, museums, and botanical gardens. June is a great time to explore the city you love!

5. Lifelong Learning & Socializing

The NYC Department for the Aging (DFTA) and local libraries offer free or low-cost classes—from art and cooking to tech basics. It's a great way to meet others and learn something new.



SUMMER WORD SEARCH

FIND WORDS ASSOCIATE WITH SUMMER. MAY BE IN ANY DIRECTION AND OVERLAP.



D	N	G	X	S	P	R	K	D	N	X	D	A	A	T
D	Q	A	G	I	V	O	F	T	N	A	D	V	M	T
C	S	P	C	S	P	U	U	H	W	L	V	C	S	U
K	W	N	R	Z	S	T	Y	W	F	E	L	U	M	T
P	I	K	N	H	K	H	Z	W	M	R	G	P	X	S
C	M	L	O	X	Z	M	O	S	B	U	K	A	S	W
C	S	H	L	W	C	L	K	T	A	P	N	D	Z	I
A	U	J	E	N	M	R	N	H	O	A	W	C	T	M
M	I	U	M	E	O	H	C	O	C	W	T	P	A	F
P	T	L	R	W	J	I	L	E	V	A	R	T	D	K
C	Y	Y	E	V	B	U	T	S	A	M	V	M	J	D
P	C	R	T	V	J	E	N	A	M	Q	P	O	I	G
G	I	Z	A	T	Y	W	A	E	C	G	F	C	Q	R
F	B	U	W	Y	L	M	Z	C	N	A	I	O	Y	N
K	R	P	P	Q	V	O	J	B	H	C	V	Y	O	X

- AUGUST

BEACH

CAMP

FIREWORKS
- HOT

JULY

JUNE

PICNIC
- POOL

RELAX

SWIM

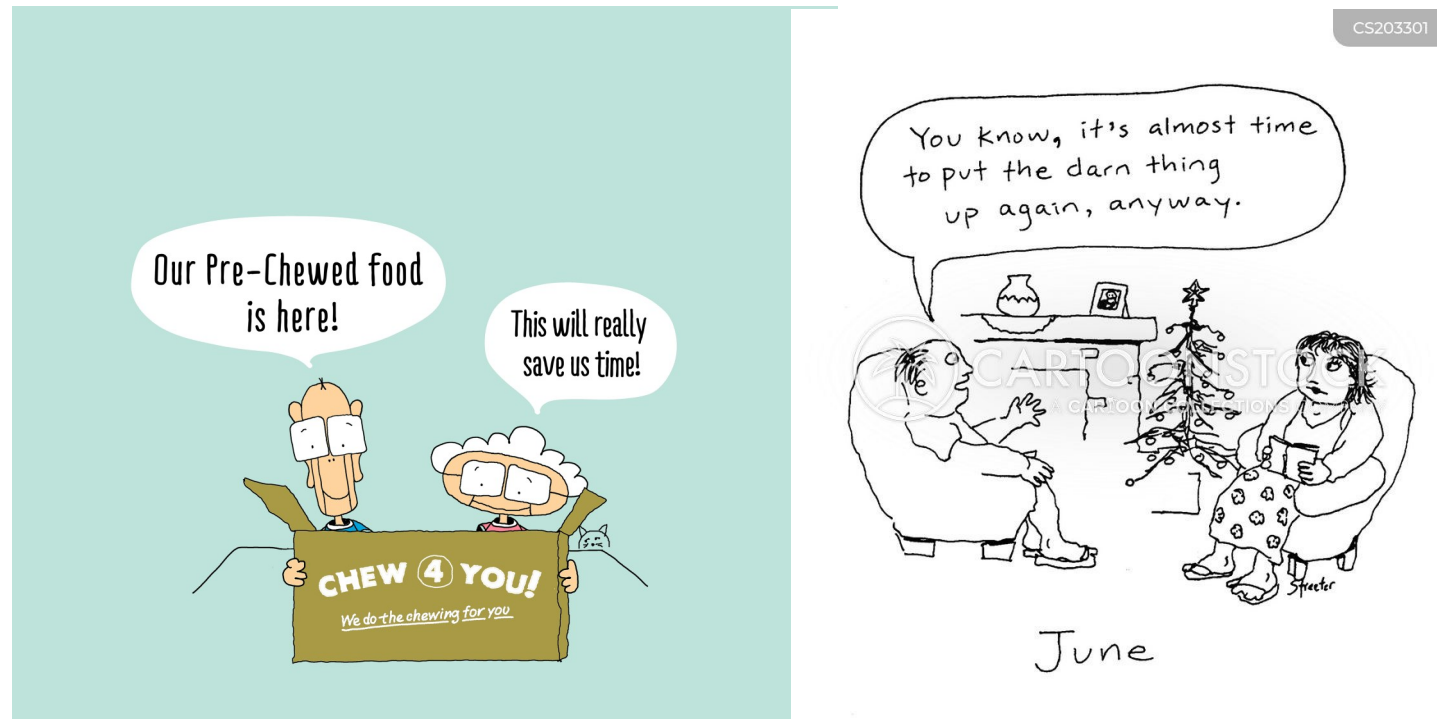
SWIMSUIT
- TRAVEL

VACATION

WATERMELON

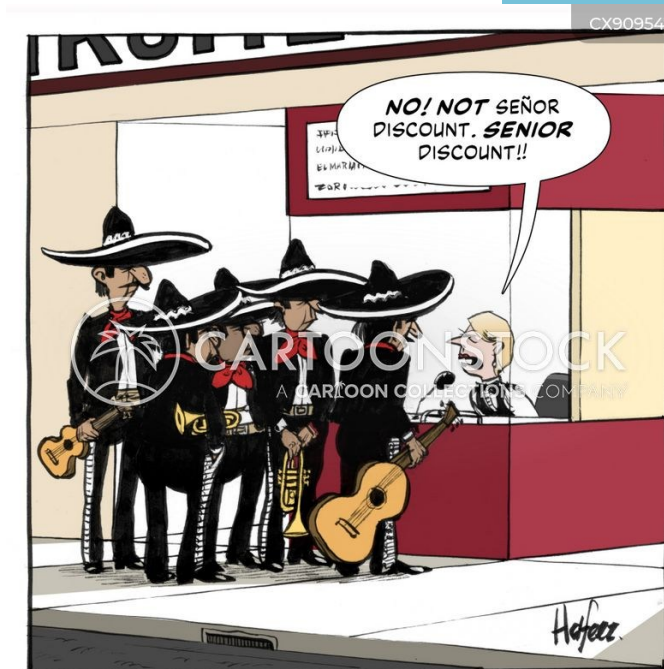


Senior Jokes & Chuckles



Helpful Resources:

- NYC Aging: nyc.gov/aging
- NYC Parks Events: nycgovparks.org/events
- MetroCard for Seniors: mta.info
- NYC Health Services: nychealthandhospitals.org



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



Tony Gap 5/11— Mother's Day Celebration



Juan Orgeta 5/30—Older Adult Month Celebration.



BUZZ CORNER & IMPORTANT DATES

WED, 6/11- Nutrition Education presentation

FRI, 6/13- Gregg Peters

WED, 6/18 – Alzheimer's workshop by DANA from Oak St. health

THURS, 6/19- CENTER CLOSED for Juneteenth

FRI, 6/20- Melodians Finale performance

FRI, 6/27- Windbreakers

REMINDER YOGA WILL BE CANCELLED FOR THE ENTIRE OF JUNE

Summer Word Search Solution

D	N	G	X	S	P	R	K	D	N	X	D	A	A	T
D	Q	A	G	I	V	O	F	T	N	A	D	V	M	T
C	S	P	C	S	P	U	H	W	L	V	C	S	U	
K	W	N	R	Z	S	T	Y	W	F	E	L	U	M	T
P	I	K	N	H	K	H	Z	W	M	R	G	P	X	S
C	M	L	O	X	Z	M	O	S	B	U	K	A	S	W
C	S	H	L	W	C	L	K	T	A	P	N	D	Z	I
A	U	J	E	N	M	R	N	H	O	A	W	C	T	M
M	I	U	M	E	O	H	C	O	C	W	T	P	A	F
P	T	L	R	W	J	I	L	E	V	A	R	T	D	K
C	Y	E	V	B	U	T	S	A	M	V	M	J	D	
P	C	R	T	V	J	E	N	A	M	Q	P	O	I	G
G	I	Z	A	T	Y	W	A	E	C	G	F	C	Q	R
F	B	U	W	Y	L	M	Z	C	N	A	I	O	Y	N
K	R	P	P	Q	V	O	J	B	H	C	V	Y	O	X