

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
TEL: (718) 520-8197

Funded in Part by the NYC-Aging

Monthly Newsletter

AUGUST 2025

AUSTIN STREET OLDER ADULT CENTER

Austin Street Senior Center



Visit Us 106-06 Queens Boulevard
Forest Hills, NY 11375



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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

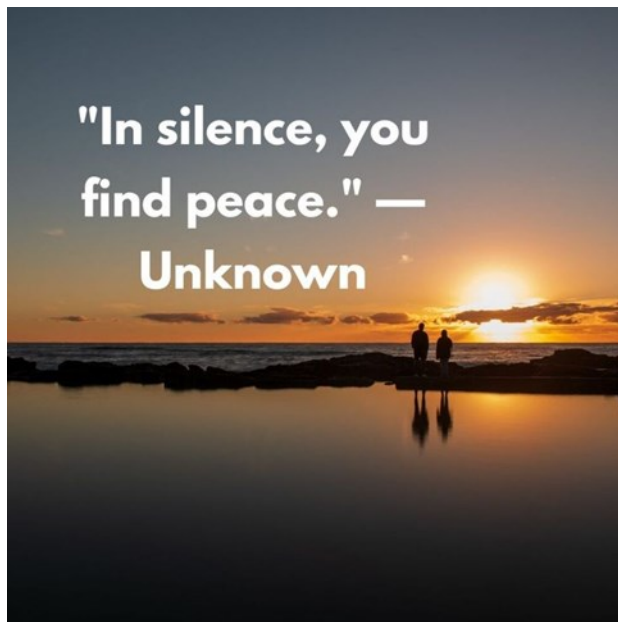
Yoga/tai chi/Zumba/StayWell exercise/

Computer classes/ technology assistance/ping pong/Drama/Arts & Craft/Line
Dancing/Chinese Culture dancing & Singing/Current Events/Drawing & oil
painting

DIRECTORY MESSAGE—BARRINGTON MACFARLANE

Greetings to you all. After missing a month without giving some updates and sharing some positive inspiration, I cannot ignore the negative things happening around me at Austin Street. I have instructed Jolanda to share all the important news with you, so please be attentive when the announcements are being made.

For the past few months, we have been losing at least one member per month at Austin Street. On behalf of Roseann, her staff here at Austin Street, and Selfhelp as a whole, express our deepest sympathy and condolences to the friend and families of those members of Austin, who has passed on. I would just like to name the most recent persons, especially for those who are homebound and haven't been to Austin in a while: - Steve Hintlian, Linda Callen, Sylvia Cohen, Samuel (Sam) Assouline. Let us all observe a moment of silence for those who have passed on.



In our next Newsletter, we can pick up where we left off. For now, let us pay our respect to the ones who have passed on. Don't despair. Enjoy what is left of the summer and remember that life is too short for you to miss out on the fun. Austin Street will always welcome you.

Thank you.

SOLUTION FOR PUZZLE



In-Home Care Services

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

New York State offers various in-home care services to help seniors remain in their homes and communities. These services are designed to support and supplement the care provided by family members and friends.

The Expanded In-home Services for the Elderly (EISEP) program provides non-medical in-home services such as housekeeping, personal care, respite, and case management. EISEP assists seniors aged 60 and older who need help with daily activities but are not eligible for Medicaid. The program uses a sliding scale for cost-sharing based on income.

Additionally, the New York City Department for the Aging funds local case-management agencies to provide in-home services for residents aged 60 and older. These services may include assistance with applying for benefits, linkages to community resources, home-delivered meals, and personal care such as bathing and dressing.

These home and community-based services work together to create a comprehensive support system for senior citizens in New York. By providing energy assistance, nutritious meals, and in-home care, these programs help seniors maintain their independence and age in place with dignity and comfort.

!!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

National Wellness Month: Elements of Senior Wellness

[National Wellness Month: Elements of Senior Wellness – Reflections Management & Care](#)

It's National Wellness Month! While senior health is essential all year long, August is the month we pay special attention to senior wellness. As we know, there is much more to staying healthy and well while aging than physical prevention.

National Wellness Month encourages us to look more closely at how we're helping the seniors in our lives. For older adults, maintaining an active lifestyle can be relative, but it always involves physical movement, emotional fulfillment, and mental stimulation.

Most importantly, wellness includes having a loving support system that encourages seniors to live their best lives.

What is National Wellness Month?

National Wellness Month encourages people to focus on their well-being through self-care practices, which is why this month particularly applies to seniors. Wellness applies to everyone as aging seniors are more than capable of leading rewarding, active lifestyles.

Rather than emphasizing a particular model of wellness, National Wellness Month embraces every individual's unique needs and abilities.

Together, we can help seniors adopt healthy habits that promote their best state of being, despite any limitations they may face.

What Does Wellness Look Like for Seniors?

Wellness in seniors falls into four basic categories:

- Physical wellness
- Mental wellness
- Emotional wellness
- Social wellness

Physical wellness encourages mobility and a stronger mind-body connection. A comprehensive 2018 research article found that seniors who exercise have lower risks of cardiovascular problems, stroke, diabetes, and even certain types of cancer.

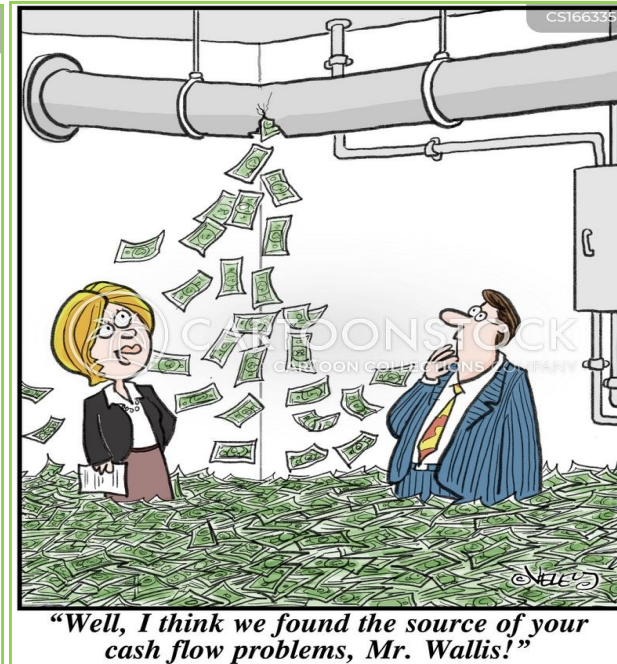
FIND ME

Can you locate this pine tree? Look carefully!



SOLUTION ON PAGE 11

Senior Jokes & Chuckles



Mental wellness is founded on logic, problem-solving, and intellectual stimulation. For seniors with Alzheimer's or dementia, mental wellness can include memory care to delay the progression of their condition.

Mental fitness is practiced in various forms, from puzzles and crosswords to playing video games. A 2019 study for Alzheimer's research found that 3D video games can improve cognitive function and memory by increasing gray matter in the brain.

Emotional and social wellness often intersect, so providing more opportunities for seniors to connect with others improves their well-being and lowers their risk of anxiety and depression. Having outlets to discuss their mental health can also help improve their emotional well-being.

One of the struggles aging adults face is a loss of autonomy. As their health declines or they need more assistance, they're less likely to take an active role in their wellness. So encouraging seniors to take an active role in their well-being can result in more independence.

National Wellness Month is an opportunity to start meaningful conversations about what seniors would like in their lives. Giving them a voice and letting them know their wants, needs, and opinions are valued will help them maintain positive mental health.

Why Seniors Should Practice Wellness

Every senior should practice wellness to improve their quality of life. Many people fall behind on self-care as they age, especially if they have caregivers or family members in charge of certain aspects of their lives.

Although some may need assistance, seniors can still be a part of their self-care. Seniors will build confidence and engage more when actively participating in their wellness plans. Active participation in wellness activities gives seniors a sense of purpose, excitement, and novelty in their lives. It also lowers their risk of injury and illness by boosting immunity, improving mobility, and teaching them preventative care.

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



DRAMA PERFORMANCE 7/3



The windbreakers
7/20



In Remembrance

We are saddened to share that our dear member, Samuel Assouline, has passed away. Samuel was a cherished part of the Austin Street OAC family, and he will be deeply missed. Our thoughts and prayers are with his loved ones during this time.

BUZZ CORNER & IMPORTANT DATES

FRI, 8/8 - Greg Peters/Elvis

WED, 8/13 - Connecting NYC Transit Workshop- Howard Levine

THURS, 8/14 - Savvy Shopping Tips by Shadina Arnet, NYS Division of Consumer Protection WORKSHOP

BLOOD PRESSURE ON THURSDAY's STARTS 8/14

FRI, 8/15 - Windbreakers

FRI, 8/22 - Karaoke

SUN, 8/24 - CENTER IS OPEN.

FRI, 8/29 - No entertainment, the center closes at



Menu for August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CENTER IS OPEN ON THE FOLLOWING SUNDAYS With Entertainment:</p> <p>8/3 - JJ Burton & 8/24- Juan Ortega</p>			<p>GLATT KOSHER</p>	<p>1</p> <p>Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad</p>
<p>4</p> <p>Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Spiced Red Potatoes Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>	<p>5</p> <p>Vegan Stuffed Bell Peppers Health Slaw Whole Wheat Bread Orange and Milk Alternate: Egg Salad *Cookie</p>	<p>6</p> <p>Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Kiwis and Milk Alternate: Omelet</p>	<p>7</p> <p>Baked Salmon Oriental Blend Vegetables Springtime Fried Brown Rice Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>8</p> <p>Chicken Schwarma Beets and Onion Salad Jeera Rice (Cumin Spiced Rice) Challah Bread Applesauce and Milk Alternate: Breaded Pollack</p>
<p>11</p> <p>Chicken Spaghetti Casserole Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack</p>	<p>12</p> <p>Kasha Knish and Hummus Chickpea Salad Israeli Salad Whole Wheat Bread Orange and Milk Alternate: Egg Salad *Cookie</p>	<p>13</p> <p>Stuffed Cabbage with Beef in Tomato Sauce Steamed Carrots Kasha Varnishkes Whole Wheat Bread Kiwis and Milk Alternate: Tuna Salad</p>	<p>14</p> <p>Baked Breaded Pollack Beet Salad Yellow Rice Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>15</p> <p>Hawaiian Chicken Capri Blend Vegetables Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Omelet</p>
<p>18</p> <p>Chicken Marsala Steamed Broccoli White Rice Whole Wheat Bread Apple and Milk Alternate: Omelet</p>	<p>19</p> <p>Vegetarian Moussaka Tossed Salad with Dressing Whole Wheat Bread Orange and Milk Alternate: Breaded Pollack *Birthday Cake</p>	<p>20</p> <p>Beef Meatballs with Tomato Sauce Spaghetti Spinach Souffle Whole Wheat Bread Kiwis and Milk Alternate: Egg Salad</p>	<p>21</p> <p>Baked Salmon Vegetable Mix Homemade Mashed Potatoes Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>22</p> <p>Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>
<p>25</p> <p>Sliced Turkey Breast with Gravy Steamed Green Beans Mashed Sweet Potatoes Cranberry Sauce Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>	<p>26</p> <p>Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Orange and Milk Alternate: Egg Salad</p>	<p>27</p> <p>Baked Breaded Pollack Cucumber Salad Rice A Roni Tartar Sauce Whole Wheat Bread Kiwis and Milk Alternate: Sliced Turkey</p>	<p>28</p> <p>Eggplant Tofu Rollatini Green Bean Salad Pasta Garlic Bread Pear and Milk Alternate: Omelet *Cookie</p>	<p>29</p> <p>Cranberry Chicken Zucchini Provencal Sweet Noodle Kugel Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>



Calendar of Activities – August 2025

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 11: 00 AM (Crystal Room)	8:30- 9:30 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 9:30- 11:00 (Ballroom) Chinese Culture Group 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 11: 00 AM (Crystal Room)	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: 00 AM (Crystal Room) *8/6 Nutrition Education by Amelia Jalandoni *8/13 Connecting NYC Transit Workshop- Howard Levine	8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese *8/14 Savvy Shopping Tips by Shadina Arnet, NYS Division of Consumer Protection WORKSHOP	Center closes at 2PM on 8/29 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) 1:30- 2:30 (Ballroom) 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	12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00-3:00 (M2) Chinese Culture Group Advanced 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- 2:45 (M4) Ping Pong 1:00- 2:30 (Computer Lab) 1:00-2:30 (M3) Chinese Culture Group Advanced Singing Entertainment (1:15-2:15 PM, Crystal Room) *8/1 Juan Ortega * 8/8 Greg Peters/Elvis * 8/15 Windbreakers * 8/22 Karaoke * 8/29 No entertainment, center closes at 2pm