

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

DECEMBER 2025

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

DIRECTOR'S MESSAGE—BARRINGTON MACFARLANE

Although we are in the cold seasons, WARM Greetings. We are almost there – the official beginning of winter, and the end of year 2025. Seems almost surreal. The year that has just started has almost ended. Either way, for those of us in the land of the living, we do have the most precious thing on earth to be thankful for – life. Any day above ground is a good day, regardless of our circumstances. Please do not take life for granted – YOU ARE SPECIAL IN YOUR OWN WAY.

There was surely enough excitement to keep the month of November alive. Officially I can say, our Data Entry Coordinator – Naoto is no longer with us. He resigned and his last day was November 24. Unfortunately, he did not share the reason for his sudden departure from the organization. Interview is being conducted to find a suitable replacement. He was truly an asset to Austin Street and will be missed. The highly anticipated launch of our new system – VIVE, took place as planned. We are now live, and we are going through the pains that comes with “system migration.” As we try to get ourselves acclimated to this new system, we will slowly include you into the loop by taking pictures, preparing and issuing new ID/Tags. This new system uses QR (Quick Response) codes, as opposed to the previously used barcodes. There should be no issue with all this, as we will be doing the same thing – scanning, except that we won’t be scanning you barcode/tag, but your QR code.

Another surprise it was – entertainer Carl Marmo on November 25 – Thanksgiving Luncheon. The feedback so far has been nothing but positive. It was said that he really interacted well with the crowd. They all want him back. I will be reaching out to get him back. My staff and I are thrilled to know that not a single complaint was made about the meal that was served at our Thanksgiving luncheon. I am very appreciative of the fact that everyone who attended – had a good time. Thank you for doing the needy and supporting our efforts, especially on such special occasions. Let’s plan on doing this next year, but bigger and better. We will be looking into possibility of trying new entertainer for the new year, as we try to enhance our programming. The new Yoga Instructor – Caryn, is doing a fantastic job, according to participants. We wish that we could have it otherwise, wherein members did not have to choose between Yoga and entertainment on Friday. Hopefully, we will find some common ground.

Please be reminded that our Hanukkah luncheon and end of year luncheon are days/weeks away. You can secure your ticket for the Hanukkah luncheon now. For our end-of-year party, we will give you all a chance to get your tickets at least a week before. Please keep checking in the office for updates/confirmation.

We still await words from our sponsor regarding the possibility of receiving funding for the purchase of computers for our computer lab. Members have been asking about replacement for the person that was assisting Angel. The truth is that her employment was contingent on funding. We have exhausted the funding for her being with us, but hopefully, we will be able to receive the same or similar funding.

I mentioned in our previous edition, the importance of staying alert – especially as older adults, especially around this time of the year – the holiday season. Older adults continue to be targets for scammers. Please don’t let your guard down. If you have doubts, follow your intuition.

A huge thank you to my wonderful staff, the PAC, all volunteers – to include the high school kids, all the persons that have supported Selfhelp Austin Street in any way at all, and finally, thank you to all the members. Thank you all for being a part of Austin’s family and for supporting us throughout the year 2025. We appreciate you and look forward to your continued support for the rest of 2025 and the coming year.

Online shopping scams. Criminals use fake posts and social media campaigns sometimes impersonate major brands or tout products they never intend to ship. “We have seen an increase in consumers buying from social media without doing their research. Most social media ads are not vetted,” warns Nofziger. “Be careful when you see an item offered at below market price. If you do click on an ad, make sure it directs you to the page you want to be on.”

Gift card scams. “Gift card draining is still very popular,” says Nofziger. This is when criminals steal gift cards in bulk from the racks, collect the information from the card, and return it to the in-store rack for unsuspecting buyers. “Once you load money on there, the criminal will drain the money off, even sometimes before you leave the store.” It’s safest to buy cards that are kept behind the counter, or directly from the retailer’s site.

How to protect yourself from scams this holiday season

“Anytime and anywhere there is money, there will be a criminal,” says Nofziger. Be wary of anyone who asks for money or personal information. Before handing it over, “Take a breath and talk to a friend, trusted adviser or call us on the (Fraud Watch Network) Helpline. We can always help you spot the red flags.”

More tips:

- Go to websites you’ve verified. Rather than clicking on a link from an email or text to a hot deal, go to your web browser and type in the address of the company purportedly offering said great deal.
- Pay by credit card. This way you can dispute charges and limit the damage if the transaction was fraudulent.
- Buy gift cards from behind the counter, “where more eyes on are on it, save the receipt that shows the time and amount of money loaded,” says Nofziger. “Better yet, consider sending an e-gift card that has less possibility of being tampered with by criminals.” Be sure to purchase e-gift cards from the retailer's site, not from a third-party seller.

How to report scams

If you’ve lost money or you have information about the scammer, report it to the FBI’s [Internet Crime Complaint Center](#). Not every complaint leads to enforcement action, but the information can help officials to spot trends and sometimes identify the criminals.

Holiday-Related Scams to Watch for in 2025

The holiday season usually means fun with friends and family, goodwill and giving. Unfortunately, it's also a prime time for cybercriminals to perpetrate fraud. About 89 percent of U.S. consumers have experienced or been targeted by at least one form of fraud that can be tied to the holidays, including requests from (often fake) charities, online shopping scams and fraudulent communications about shipping problems, according to a 2024 AARP Fraud Watch Network report, "Fraud Persists in the Season of Giving."

"Holidays are a busy time for all of us with the hustle and bustle of parties and shopping, and scammers know this," says Amy Nofziger, director of victim support for the AARP Fraud Watch Network™. "They take advantage of our hectic lives to try and target us when we are distracted."

Common holiday scams

Card declined scams. Melanie McGovern, spokesperson for the Better Business Bureau (BBB), says the agency is seeing a relatively new scam: You pay for a purchase online and receive a message stating that your card has been declined. "The transaction did go through, but they're trying to get more information out of you," says McGovern. Entering another card into the system means that you'll be charged on both cards.

Charity scams. Sham charities exploit Americans' goodwill during the giving season using fake websites and other tactics.

Delivery scams. As holiday packages crisscross the country, scammers send out phishing emails and texts that appear to be from UPS, FedEx, or the U.S. Postal Service, notifying recipients about incoming or missed deliveries. Links lead to fake sign-in pages that request personal information, or to sites that may be infected with malware.

!!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



December 6-10, 2025

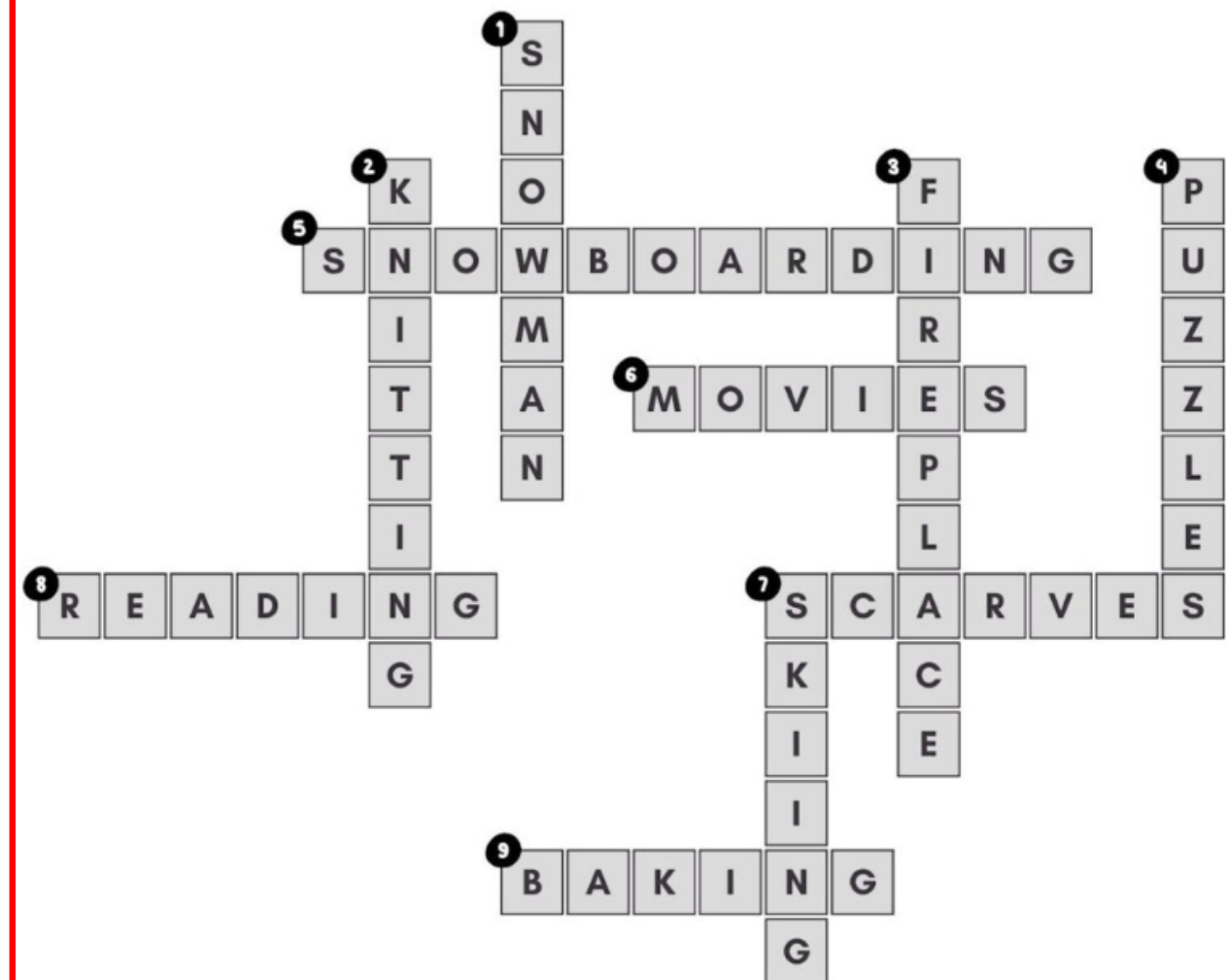
Why Older Driver Safety Matters

As our community ages, supporting safe mobility becomes essential. Older adults value independence, and driving often plays a big part in maintaining that independence. However, age-related changes in vision, reaction time, and physical strength can affect driving abilities.

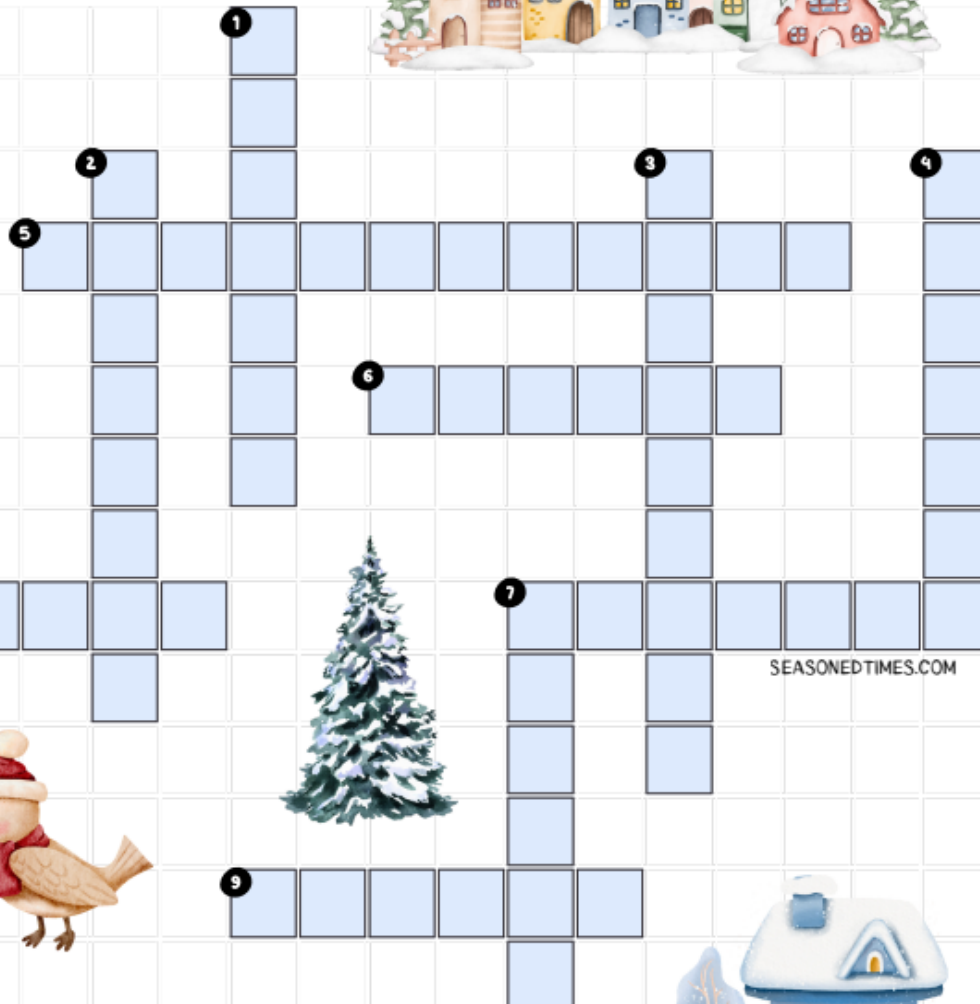
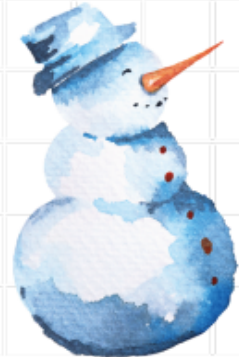
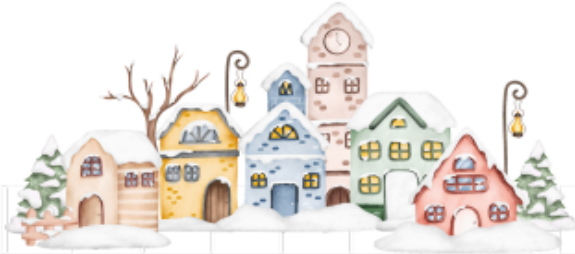
Key Facts:

- Adults 65+ account for nearly 1 in 5 traffic fatalities in the U.S.
- Vision, hearing, and slower reaction times increase risk.
- Medications and health conditions can impact alertness and coordination.

Winter Fun Solution



WINTER FUN



SEASONEDTIMES.COM

ACROSS

5. WINTERY SURFING
6. MOVING IMAGES
7. LENGTHS OF WARMING FABRIC
8. INTERPRETING SYMBOLS FOR MEANING
9. EXPOSING TO DRY HEAT FOR CONSUMPTION



DOWN

1. SNOWY FIGURE
2. CRAFT OF CREATING INTERCONNECTED LOOPS
3. SOURCE OF WARMTH
4. DESIGNED TO SOLVE
7. MOVING ON FLAT RUNNERS



Solution on next page...

Tips for Staying Safe:

- Schedule regular eye exams and review medications with a doctor.
- Avoid driving at night or in bad weather when possible.
- Always wear a seatbelt and maintain safe following distances.
- Consider a refresher driver safety course designed for older adults.
- Keep up with regular eye checkups (at least annually) and wear corrective lenses as needed.
- Review medications with your doctor or pharmacist to understand side-effects that may impair driving (drowsiness, dizziness, vision changes).
- Adapt your vehicle for comfort & safety: mirrors, seat position, steering wheel, lighting—and consider vehicles with modern safety features.
- When possible, plan alternate transportation options ahead of time—so giving up driving doesn't mean losing mobility. (You can highlight local options or community resources)

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



Juan Ortega 11/7



JJ Burton 11-21

CARL MARMO

11-25



BUZZ CORNER

Friday Entertainment (1:15-2:15 pm)

- ⇒ 12/12 Tony Gap
- ⇒ 12/19 JJ Burton

WORKSHOPS (11AM-12PM)

- ⇒ 12/10 Nutrition Education by Amelia Jalandoni
- ⇒ 12/11 Emergency Preparedness
- ⇒ 12/16 Chase Bank Protecting Your Identity & other Assets

CENTER CLOSED

12/25 -Center Closed for Christmas

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