

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 April 2026 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 paint-

DIRECTOR'S MESSAGE—BARRINGTON MACFARLANE

By now you all must have noticed that there was no publication of a Newsletter for March 2026. That was done on purpose. I do apologize for that. We have decided that going forward, our Newsletter will be published every other month. That means our next publications for 2026 will be in June, August, October & December. What a relief! I think that we had more than enough snow this winter season. We are not expecting any more snow, but the frigid daily (on and off) temperate is yet to disappear. We are forced to close for business for 2 days in February because of the snow, pushing us to schedule opening for 2 extra Sundays; Sunday April 26, and Sunday June 14th. Get yourselves ready to enjoy this coming Spring, Summer and Fall. Be prepared to live like “there is no tomorrow.” Stop feeling for yourself and get out of the house – you only live once – YOLO – no time for excuses.

I mentioned the passing of a member from the Melodians, in February; now I am hearing that after this Spring, the Melodians will no longer be performing at Ausitn Street – No one to take up the mantle as director of the group. Michael passed on, now Brian has other agendas, and Rachel expressed that she won't be able to fill the void. If or when this happens, we will lose a treasured part of Austin Street OAC's Arts & Culture. We would like to say a big THANK YOU to all the members of the group, for your loyalty, commitment, and dedication throughout the years. We wish you all the best in whatever you decide to do after parting ways with Austin Street. You will be greatly missed.

The stellar performance by Tina/Belle and the other hard-working members of the group was nothing short of extra commendation. It would appear as if each year they bring something extra when showcasing their Lunar New Year celebration. The audience left, feeling more than satisfied. Thank you all to the entire group and thank you one and all to those who took the time out to sit and enjoy the show. We really appreciate the interest you have in this segment of our Art & Culture programming. This shows the kind of diversity that exists at Austin.

The computer room have been retro-fitted with new computer and a new printer. We are working diligently to secure proposals for the installation of a 3-compartment sink and a dedicated hand-wash sink in the kitchen and food-serving area respectively, owing to the fact that these are not new requirements, but rather enforcement by DFTA. In addition to the regular bi-monthly (now temporary weekly – for 3 months), we are doing weekly deep cleaning of the kitchen area, lunch room and restrooms. If there are anything out of place are unusual in these area, please do not hesitate to inform a member of staff, or inform someone to pass it on to a member of staff.

There was a re-do of the ID cards and the new cards now being printed without identifying information such as date of birth and address. For Austin Street, you must have a picture ID. You cannot get an ID without a picture, unless it is a special circumstance-decision/discretion rests with me. Please note that picture for your IDs are taken Monday thru Friday at 11:00 – 11:45 – when the time permits. This can change without notice, depending on the workflow. Please be patient and understanding in this regard. SUCASA ARTS starts soon, so please be prepared and don't miss the announcements.

After months of searching, we have found a Data Entry Coordinator – Mohamed Sh (Mo). So far, he has been doing a wonderful job. If you haven't yet met Mo in person, whenever you do, please introduce yourself and “make him feel at home.” Thank you. He will be at Austin Street every day, except on Wednesdays when he will be in Maspeth. For those who celebrate Easter and Passover, I wish you all there is to wish you for this season. You are not here on earth by chance – don't give up the chance to stay. Live life one day at a time. Enjoy

Addiction: It might be hard for you at-home caregivers to diagnose addiction or addictive behaviors. We are trained to identify signs of addiction and how to professionally respond. However, addiction is often overlooked by friends, family, or caregivers.

Anxiety disorders: These are ongoing continuous struggles with anxiety that may grow worse over time. For seniors and the elderly, common forms of anxiety include social anxiety disorder, depression, panic disorder, and obsessive-compulsive disorder.

Dementia: Forms of dementia can cause memory deterioration and lead to other symptoms. These include personality changes, difficulty communicating, erratic behavior, and personality changes. Dementia can have a detrimental effect on a person's quality of life.

APRIL AWARENESS MONTH

By Gateway Gardens at Bethlehem

April is Stress Awareness Month for Seniors, Memory Patients, and Caregivers. For elderly and seniors, the month of April is national "Stress Awareness Month" and a good time to take stock of your mental health. Well, allow us to customize that introduction if you may. For all of us, the month of April is national "Stress Awareness Month". We talking to you all of you who could use at-home assisted living advice and/or at-home memory care service advice. Care stress is real, unavoidable, but can be successfully managed. Recall that every time you fly, the flight attendant briefs you and tells you to place the oxygen mask on yourself first before assisting others? To maximize the effectiveness of your caring love, you must take care of yourself first.

A person's mental health centers around their emotional, psychological, and social well-being. Elderly people and seniors are like everyone else whose mental health affects how they feel, act, think, make decisions, and interact with other people. Having good mental health is vital to a person's good overall health and enjoyment of their life.

The World Health Organization (WHO) estimates that about 15% of all adults over age 60 have a mental health problem. Those numbers may have increased during the COVID-19 pandemic, health experts say. Experts identify several common mental health issues for the elderly and senior population. These include:

Depression: Seniors and elderly who are depressed may feel consistently "low." This can happen to caregivers as well. Enjoyment in life is hard for them. They may struggle with guilt, anger, shame, emptiness, hopelessness, and other similar feelings. It's important to recognize chronic depression. If you or someone you know is thinking about suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Post-traumatic stress disorder (PTSD): Many people in the senior and elderly population have experienced loss, a dangerous event, and even shock. They may still struggle with their feelings around those events and be triggered by something that helps them recall those moments. Even in the safe and loving environment here at Winder's Gateway Gardens Assisted Living & Memory Care, your and our loved one's can struggle with PTSD. We can help you deal with that.

Bipolar disorder: Symptoms include changes in a person's mood and behavior. They may have manic episodes, which could be felling really good or depressive episodes in which they're overcome by sadness, helplessness, or a general "down" feeling. They may struggle to do daily activities.

!!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**

March Holidays For Seniors

By: Esther Kane



Welcome to FunSeniorHolidays.com, where we believe in adding a dash of whimsy and excitement to the month of April!

As we enter this vibrant and joyous time of the year, get ready to embark on a journey of unique and crazy holidays that will bring laughter and delight to seniors, their families, and friends.

From the peculiar “Ex Spouse Day” to the sweet and silly “National Jelly Bean Day,” April presents a treasure trove of offbeat celebrations to brighten your days.

Whether you’re looking to engage in playful activities, create memorable experiences, or simply enjoy some quality time together, our carefully curated selection of April holidays is sure to inspire and ignite your imagination.

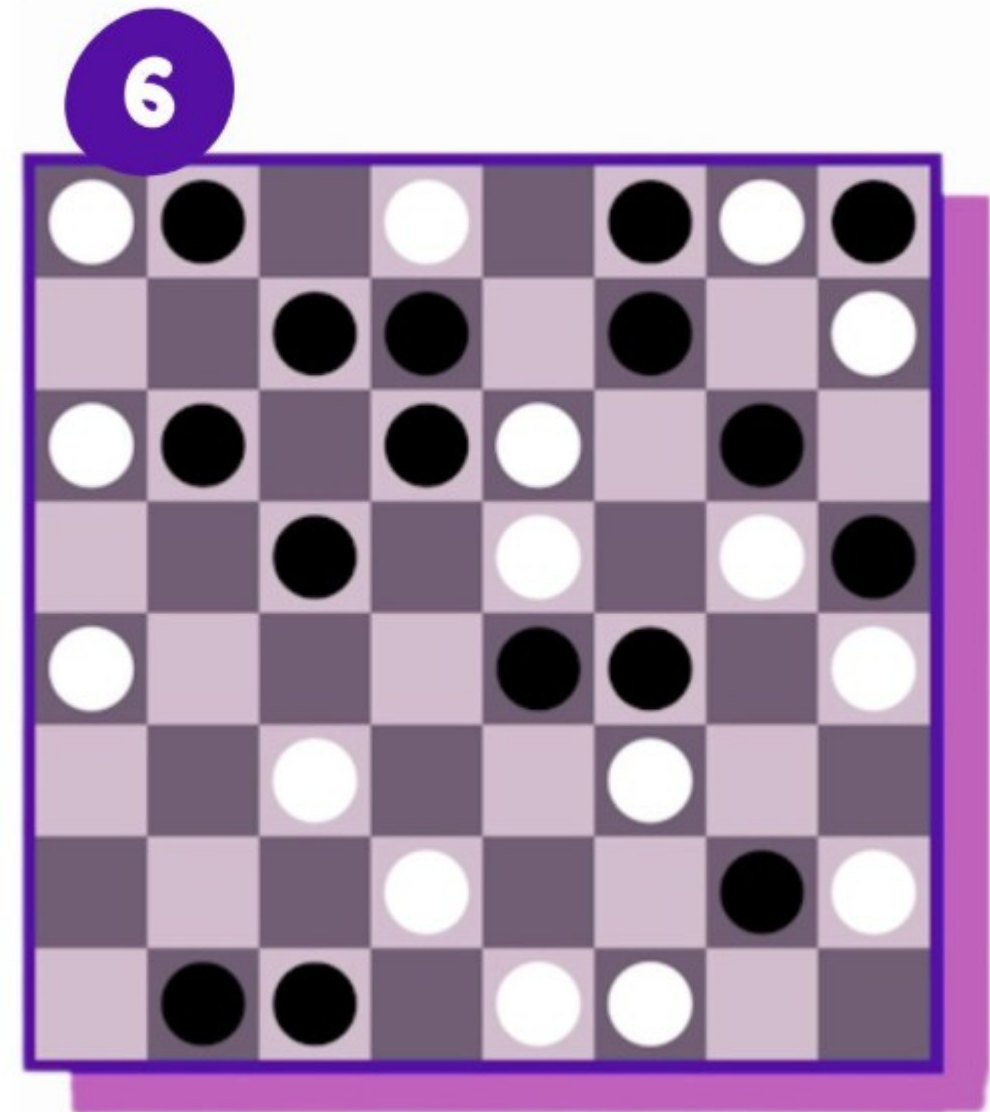
Join us as we explore the wondrous and unexpected, and let’s make this April a month of laughter, togetherness, and everlasting memories.

Get ready to celebrate the extraordinary in the ordinary!

April 2025 Monthly Holidays

- ⇒ Car Care Month
- ⇒ Jazz Appreciation Month
- ⇒ Lawn And Garden Month
- ⇒ National Grilled Cheese Sandwich Month
- ⇒ National Humor Month
- ⇒ Stress Awareness Month

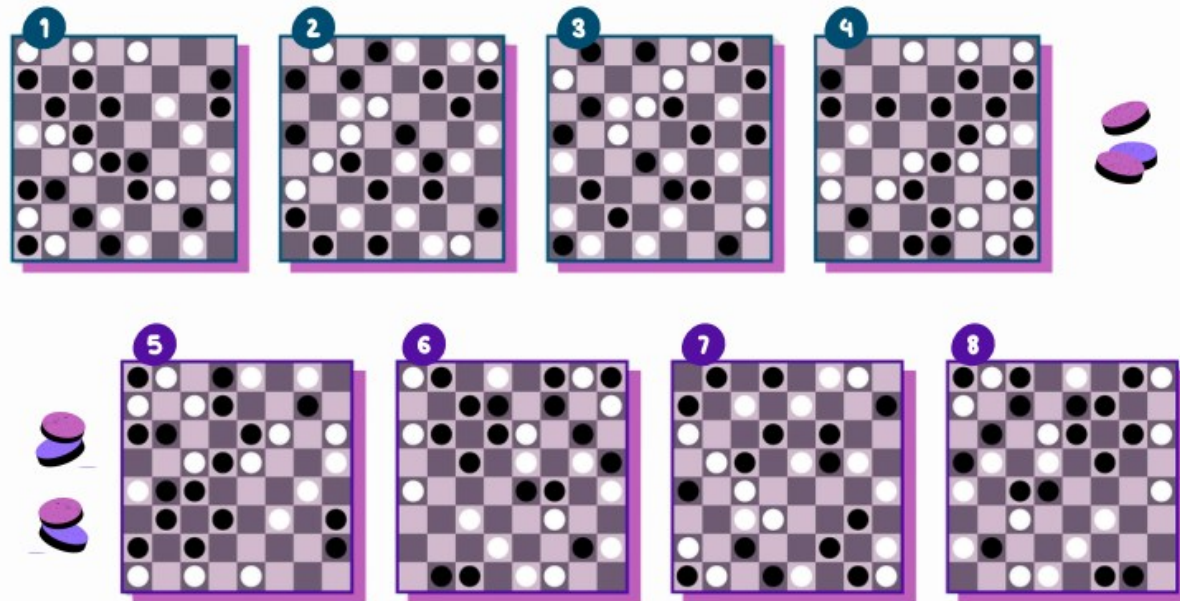
View from the Top Solution



VIEW FROM THE TOP



ONLY ONE OF THE IMAGES BELOW SHOWS THE EXACT VIEW OF THE CHECKERS ON THIS BOARD FROM ABOVE. CAN YOU FIND THE TOP VIEW? (COLORS AND ANGLES DIFFER A BIT)



SEASONEDTIMES.COM

Solution on next page...

April 2025 Weekly Holidays

- Apr 1 to 7 – Medication Safety Week
- Apr 6 to 13 – National Robotics Week
- Apr 30 to May 6 – Hurricane Preparedness Week
- 2nd Week – National Dental Hygienist Week

April 2025 Daily Holiday

- Apr 7 – [National Handmade Day](#)
- Apr 8 – [International Feng Shui Awareness Day](#)
- Apr 9 – [Appomattox Day](#)
- Apr 10 – [National Siblings Day](#)
- Apr 11 – [National Clean Up Your Pantry Day](#)
- Apr 12 – [Deskfast Day](#)
- Apr 13 – [Scrabble Day](#)
- Apr 14 – [National Gardening Day](#)
- Apr 15 – [Jackie Robinson Day](#)
- Apr 16 – [National Stress Awareness Day](#)
- Apr 17 – [Nothing Like A Dame Day](#)
- Apr 20 – [Volunteer Recognition Day](#)
- Apr 30 – [International Jazz Day](#)

April wacky holidays provide the perfect excuse to let loose, try new things, and create cherished memories together. So, gather your loved ones, embrace the whimsy, and make April a month filled with laughter, joy, and unforgettable moments. Embrace the lightheartedness, share in the silliness, and let the spirit of April wacky holidays infuse your days with a sense of adventure and delight.

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



LUNA NEW YEAR PERFORMANCE 2-6-2026



V DAY LUNCHEON PARTY



BUZZ CORNER

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

- 4/10- JJ Burton
- 4/17 Tony Gap
- 4/24 Garret Ryan

WORKSHOPS (11AM-12PM)

- WED, 4/15 Nutrition Education by Amelia Jalandoni

CENTER Will Be OPEN

SUNDAY, 4/6- Entertainment by Carl Marmo

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