

## 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 & SEPTEMBER 2026

### 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

Barrington McFarlane - Program Director, MSW, BA

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

Mohammed Shazaib- Data Coordinator

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

Lili Chen- Administrative Assistance

[Lilichen@selfhelp.net](mailto:Lilichen@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/

DIRECTOR'S MESSAGE—BARRINGTON MACFARLANE

Welcome to another edition of the Austin Street Newsletter. I hope that you had a wonderful summer and are making the best of the few warmer days that are left for this season. Fall.... winter.....just around the corner. Please stop by to enjoy our programming and meet new friends if you haven't been to the center in a while.

Sylvia, our Administrative Assistant, decided to part ways with us, after her outstanding performance in that role. She was a true asset to Austin Street. Fortunately, we were able to find a quick replacement – Lili. Please help me to welcome Lili, and I hope her stay with us will be long, productive, and rewarding. Our Data Entry Coordinator – Mo, has been doing a fantastic job so far, and is getting nothing short of commendations from the general membership. Please do not be alarmed if you receive a call from Mo, with him asking you to have your profile updated. Just a friendly reminder – pictures for your ID cards are taken on Tuesdays and no appointment is necessary. Just show up.

For the months of July and August of 2026, we enrolled approximately 40 new members and are on track to register approximately 30 for the month of September. There was a slight increase in voluntary contributions, but we are not sure if the trend will continue, since a new process for obtaining lunch tickets was recently implemented. Looking at the bigger picture, overall, the meals that are being served at Austin have improved immensely; although there are days when we do receive a few complaints. We will continue to do our best to ensure that you are provided with quality meals whenever you visit Selfhelp Austin Street OAC.

In August we introduced a second English class but had to forgo that move. Although several people had expressed interest in the class, only 2 people showed up for the three attempts that were made. We added an extra Tai Chi class on Thursday – so now its Tai Chi every Tuesday and Thursday at 1:30 – 2:30 PM. A few people approached me about having Karaoke on Thursdays. Since we don't get a chance to have Karaoke as often as we would like, Karaoke will now be on Wednesdays at 1:00 – 2:30 PM. However, the Chinese Cultural Group will be utilizing that time for practice for the next 3 weeks.

Will Austin Street OAC be relocating? The answer to that is yes. When will that move take place? I don't have the answer to that. However, rumors have been swirling that this will take place in 2028 or 2029. I cannot attest to that, especially since Selfhelp has not set a timeline for any relocation or where the new location will be. So, for now, let us enjoy all that we can while we wait for further information.

Remember that the man that has no legs, envies the person that complains about the condition of his/her shoes. Regardless of the position that you are currently in, the obstacles that you are facing, the challenges that faces you every day.... Don't give up.

# Shapes Word Search Solution

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# SHAPES WORD SEARCH



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DIAMOND  
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MOON

SEASONEDTIMES.COM

Solution on next page...

## !!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)



## UPDATE INFORMATION

### IMPORTANT NOTICE – QUICK OFFICE VISIT NEEDED

If your birthday is in OCTOBER & NOVEMBER please stop by the office to see Mohammed (Mo) at your earliest convenience.

This quick visit is only to update your profile and will take no more than 2 minutes.

Thank you for your time and cooperation!

# September is Healthy Aging Month

 healthyaging.net/healthy-aging-month/september-is-healthy-aging-month

August 18, 2016

September is Healthy Aging® Month and the time to get started on better health practices.

Think it's too late to "re-invent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion or hobby. And, now is the time to travel more than ever.

Worthington is the creator of *September is Healthy Aging® Month*, an annual health observance designed to focus national attention on the positive aspects of growing older. Now in its second decade, Worthington says *September is Healthy Aging® Month* provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being.

The numbers of people over 45 is growing every year. The attention used to be just on the baby boomers. The generation x-ers are elbowing their way in and have many of the same interests as the previous generation – stay active and vibrant as long as possible. There are over 76 million baby boomers today over 50 and the first of the 82.1 million generation x-ers reached that milestone in 2015.

"Use September as the motivation to take stock of where you've been, what you *really* would like to do if money was no object," says Worthington. "And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"



Photo: Deposit Photos

## Why Healthy Aging Month?

According to Worthington, "We saw a need to draw attention to the myths of aging, to shout out 'Hey, it's not too late to take control of your health, it's never too late to get started on something new.' Why not think about the positive aspects of aging instead of the stereotypes and the negative aspects?"

September is a perfect time to celebrate Healthy Aging Month since it is time when many people think about getting started on new tasks after the summer. Drawing on the "back to school" urge embedded in everyone from childhood, the observance month's activities are designed to encourage people to rejuvenate and get going on positive measures that can impact the areas of physical, social, financial and mental wellness.

*September is Healthy Aging® Month* was first introduced when the baby boomers were about to turn 50. "At that time, no one wanted to talk about growing older," Worthington says. "You know, it was that same '60's attitude – 'Don't trust anyone over 30; hell no we won't go.' Today as the boomers turn 60 and 65, it's a different story," Worthington explains. "We recognized early on that careful attention to the combination of physical, social, mental and financial fitness was powerful in the pursuit of a positive lifestyle and have built our Healthy Aging® programs around that concept for the government and private sector through this annual observance as well as TV specials, videos, books, printed material, our website and blogs.

"The interest in positive lifestyle information seems to be insatiable. Our subscriber list for Healthy Aging® Magazine keeps growing so we know we are on the right track. We are not about *retirement*. Nor are we a 'senior' magazine filled with articles about depression, incontinence or organ recitals. We are about vibrant, *active*, 45-plus people who are taking charge of their lives, following their passion, and who are happily looking forward to what's next in life."

To get you started on re-inventing yourself, here are some ideas from the editors of *Healthy Aging® Magazine* ([www.healthyaging.net](http://www.healthyaging.net)). Maybe you will find some that will help you think outside the box.

## Veterans Benefits

Pensions for low-income and disabled veterans; health care; vocational training; rehabilitation services; education; home loans; disability compensation; life insurance; burial funds and other benefits.

Medical benefits include care in VA hospitals, nursing homes and outpatient services.

Dependents and survivors may also be eligible for certain benefits.

**Age:** Any age

**Income:** Limits vary with benefits

**Assets:** Subject to review

## Reduced Fare

To qualify for reduced fare, one must be 65 or older. People with disabilities qualify for reduced fare at any age.

**Assets and Income Limits:** Not Applicable (No Limit)

### For Subways:

Purchase Reduced Fare and show your Medicare card or use Reduced Fare Metrocard.

### For Buses:

Pay the reduced fare and show your Medicare card or use Reduced Fare Metrocard.

### Note:

When the Reduced Fare Metrocard is used to gain access to the subway or a NYC transit bus, the correct reduced fare is deducted automatically.

### Application:

Individuals 65 and older or persons with a disability may apply for a Reduced Fare card at:

MTA Customer Service Center  
3 Stone Street,  
New York, NY 10004

Or call 212-METROCARD

Documentation is needed when applying for a Reduced Fare Metrocard.

**Proof of age can be provided by any of the following:**

- Birth Certificate
- Medicare card
- Social Security Award Letter
- Driver's License or NY State non-driver's ID

# BENEFITS FOR ELDERLY

Meet with Social Worker, Jolanda for more information

## Enhanced STAR for seniors

The Enhanced STAR program can save you more money than the Basic STAR program. It's open to property owners who are 65 or older and meet income limits and other eligibility requirements.

**STAR exemption recipients:** Beginning in 2026, you will no longer need to apply for the Enhanced STAR exemption with your local assessor when you turn 65. We'll notify your assessor when you turn 65 and automatically upgrade you, as long as you're otherwise eligible.

**STAR credit recipients:** You do not need to take any action to upgrade from Basic to Enhanced STAR. We'll automatically send you the Enhanced STAR credit if you're eligible.

## Age eligibility

Beginning in 2026, only **one** resident owner of the property—regardless of the relationship of the owners—must be at least **65** as of December 31 of the benefit year.

**Already 65?** If there's already a resident owner at your property who's 65, you'll automatically begin receiving Enhanced STAR in 2026, as long as you're otherwise eligible.

**Not 65 yet?** If you or another resident owner are not yet 65, we'll automatically upgrade you from Basic STAR to Enhanced STAR in the year when at least one resident owner turns 65.

## Income eligibility

Beginning in 2026, we'll determine income eligibility based on the income of only resident owners and their spouses who reside at the property. If you are an owner but do **not** reside at the property, you will no longer need to provide income information.

## STAR credit recipients

To be eligible for a STAR credit in a given year, you must own the property—and it must be your primary residence—on July 1 of that year.

Buying or selling a home?

## 10 Tips for Reinventing Yourself during September Is Healthy Aging Month:

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

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



## BUZZ CORNER

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

9/18 – Tony Gap  
9/25– Russel Targrove  
10/09– JJ Burton  
10/16– Tony Gap  
10/23– Garret Ryan

### WORKSHOPS (11AM-12PM)

WEDNESDAY, 10/7- Nutrition Education  
THURS, 9/10 - Senior Abuse Ms. Kay  
THURS, 9/17 - Emergency Preparedness  
THURS, 10/8 - Financial Foundation  
THUR, 10/15– Tech for emotional and brain health

### CENTER CLOSED

MON, 9/21– YOM Kippur