

Making New Friends

Study Guide



STUDY GUIDE CONTENTS

The Story	Pages	1–13
Exercises	Pages	14-27
Helpful Information	Pages	28 & 31
Dictionary	Pages	29-30
Answers	Page	32



Watch · Read · Learn

www.nyc.gov/WeSpeakNYC

Making New Friends



Nobody needs to be lonely in New York City!

Dreaming Together!

Silvia and her son, Lionel, come home from school and shopping. Grandpa is sleeping. So is his dog, Boby.



Silvia Is Concerned

Silvia speaks with her husband, Rolando, about her father.







1 ° MAKING NEW FRIENDS WE SPEAK NYC • SEASON 2

Meet Mrs. Belkina

Silvia and Umme are home health aides.

They take care of Mrs. Belkina after an operation.

Silvia takes care of Mrs. Belkina during the day. Umme does it at night.



Mrs. Belkina thinks she has to leave her apartment. Silvia is surprised.



Umme says that Mrs. Belkina should speak to someone at a senior center.





WE SPEAK NYC • SEASON 2 MAKING NEW FRIENDS • 2

A Good Idea

Silvia thinks that a senior center is a good idea for her father too.

She and Rolando search online for a senior center

where he can spend time during the day.



Visiting a Senior Center

papi = dad in Spanish

Silvia visits a senior center to find out about their services.

She meets with a coordinator there.



3 • MAKING NEW FRIENDS WE SPEAK NYC • SEASON 2

Meet Ana, the Social Worker

The senior center has many activities, but Sylvia is concerned that her father might not want to come.

The coordinator introduces Silvia to a social worker to talk about it.



Ana understands how older people often feel. She has a good suggestion for Silvia.



WE SPEAK NYC • SEASON 2 MAKING NEW FRIENDS • 4

Talking about the Senior Center

Silvia talks with her father about her visit to a senior center.



He is also worried about his dog, Boby.





5 • MAKING NEW FRIENDS WE SPEAK NYC • SEASON 2

This is Goodbye, Mrs. Belkina

Mrs. Belkina doesn't need home health aides anymore.
Silvia takes care of her for the last time.





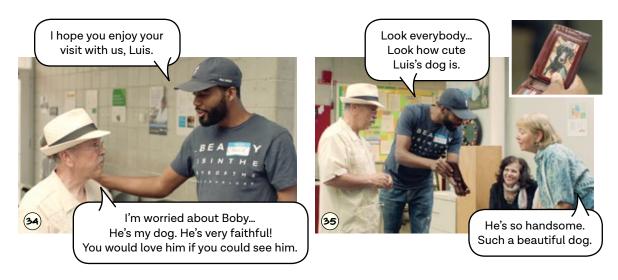




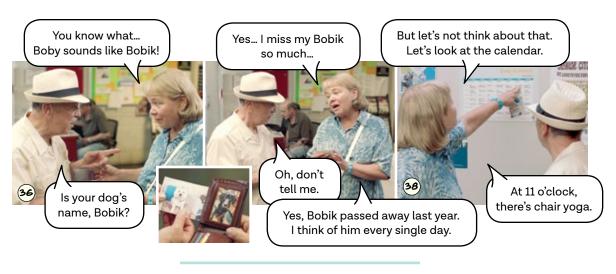
WE SPEAK NYC • SEASON 2 MAKING NEW FRIENDS • 6

Luis Makes a Decision

Silvia's father, Luis, visits the senior center. A volunteer welcomes him.



One of the seniors at the center loves dogs too. She used to have a dog named Bobik.

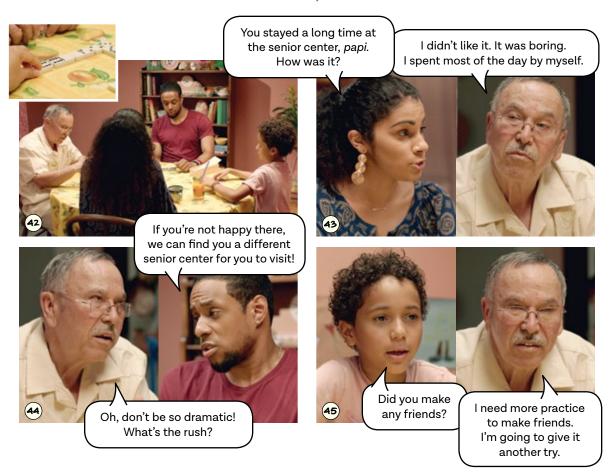




7 • MAKING NEW FRIENDS WE SPEAK NYC • SEASON 2

Back Home

Luis likes the senior center, but he doesn't admit it.



Back at the Senior Center



Tenant Rights

Mrs. Belkina has a problem with her landlord. She learns about tenant rights from the social worker.



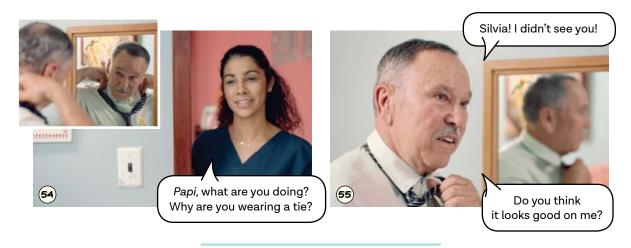
Mrs. Belkina may be able to get a rent freeze.



9 • MAKING NEW FRIENDS WE SPEAK NYC • SEASON 2

Not Coming Home for Dinner

Luis is putting on a tie. Silvia is very surprised. So is Luis.



At the senior center, Luis and Mrs. Belkina enjoy a funny movie.



After the movie, Luis calls Silvia. He says he's going to have dinner with his "girlfriend."



Vareniki and Bachata

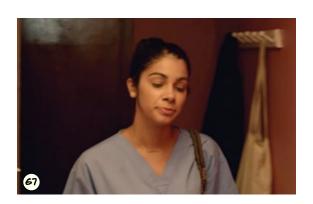
Luis and Irina Belkina have a great time.



11 ° MAKING NEW FRIENDS WE SPEAK NYC • SEASON 2

I'd Like You to Meet My Friend

Silvia comes home from work. Mrs. Belkina is in her living room. She's shocked.





Mrs. Belkina is shocked to see Silvia too.



Everyone is surprised.





WE SPEAK NYC • SEASON 2 MAKING NEW FRIENDS • 12

The Conclusion

Mrs. Belkina has dinner with Luis's family.

If Mrs. Belkina has to leave her apartment, she can stay with them.



Mrs. Belkina tells everyone the good news...
She doesn't have to leave her apartment. *And* she's applying for a rent freeze.



13 · MAKING NEW FRIENDS

Who We Are

Complete the sentences. Follow the example.

Silvia • Lionel • Luis • Boby • senior center coordinator

Rolando • Umme • Mrs. Belkina • social worker



- and my dog, Boby. My daughter is right about the senior center. It's a great place to make new friends.

 Do you like my tie?
- 2. I am _______. I am a senior. I live alone.
 I miss my dog. I am happy to go to a senior center.
 I learn about tenant rights there. I meet nice people like Luis too.





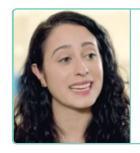
- 3. I am Luis's daughter.
 I am a home health aide. One of my clients goes to a senior center. It's a good idea for my father too.
- **4.** I am ______. I am Silvia's husband. Luis is my father-in-law. Silvia and I find a senior center for him to visit. I want Luis to be happy.





- 5. I am ______. I am Luis's grandson.
 I love my grandfather. I call him abuelo. I have friends at school. I want my abuelo to have friends too.
- 6. My name is Ana. I am a ______ at a senior center. I want seniors in New York City to enjoy their lives and know their rights.





- 7. I am a ______. I tell Silvia about the activities at the senior center. We have a lot of activities and great programs for seniors.
- 8. I am ______. I am also a home health aide.
 I work with Silvia. We help Mrs. Belkina after she has an operation.





9. My name is ______. I am Luis's faithful dog.
I like to sleep most of the day. Luis worries about me,
but I am fine. I think he needs more friends.

What Happens?

Complete the sentences. Follow the example.

ı	meets • tell • worried • suggests • decides • show • doesn't
1.	Luis is alone during the day, and Silvia isworried about him. She going to a senior center during the day. At first, Luis doesn't want to go, but he to visit the center.
2.	On his first day, he a woman named Mrs. Belkina there.
	Mrs. Belkina was Silvia's client, but Luis know that.
3.	Luis and Mrs. Belkina pictures of their dogs to each
	other, and they do chair yoga together. Luis enjoys it very much, but he doesn't
	increase • learns • speaks
4.	Mrs. Belkina has a problem with her landlord. The landlord is asking for a big in rent.
5.	Mrs. Belkina with a social worker at the senior center. She about tenant rights and rent freezes.
	watch • meet • hold • invites • surprised
6.	Luis and Mrs. Belkina use the computer lab, movies, learn about services, and have lunch together at the senior center.
7.	One evening, Mrs. Belkina Luis to her home for dinner. Then, Luis invites Mrs. Belkina to his family and his dog, Boby.
8.	Silvia and Mrs. Belkina are to see each other again.
9.	Luis, Mrs. Belkina and Boby hands. Everyone is happy.

Where Is It?

Find these things in the story.

Write the page number(s). Follow the example.



1.	Boby's collar	pages 1, 5, 12
2.	photo of Bobik wearing a sweater	pages
3.	letter from Mrs. Belkina's landlord	pages
4.	computer screen with a map of senior centers	page
5.	IDNYC poster	pages
6.	schedule of senior center activities	page
7.	booklet about tenant rights (in Russian)	page
8.	a romantic couple in the movie "The Immigrant"	page
9.	"vareniki" (a Russian dish)	page
10.	photo of Lionel and Boby together	page

17 • MAKING NEW FRIENDS

Talking about Senior Centers Definitions I

Find the meaning. Follow the examples.

3	2. senior center 3. coordinator 4. social services	a community center for seniors with many activities to stay healthy, learn about services, and have fun City services and other programs that help people worried
	5. stubborn	 worned not wanting to change your mind or behavior someone who organizes (coordinates) things
	6. social worker	recommend; give an idea about what to do
		a choice you make after thinking about

in control

convince

10. decision

WE SPEAK NYC • SEASON 2 MAKING NEW FRIENDS • 18

the options

believe something

persuade someone to do something or

____ in charge; able to do what you want to do

a professional trained to help people with various kinds of difficulties in their lives

Talking about Senior Centers Dialogue I

Complete the sentences. Follow the example.

	suggest • convince • social services • social worker in control • stubborn • lunches • activities		
Senior Center Coordinator:	We have a lot of (1) <u>activities</u> to help people stay healthy, physically and mentally—dance classes, trips to museums, shows We also have benefits clinics.		
Silvia:	Benefits clinics? What are those?		
Senior Center Coordinator:	Information about (2) Services sometimes change and it's important to have good information.		
Silvia:	Oh That food smells good!		
Senior Center Coordinator:	We have hot (3) every day. You pay whatever you can. If you don't have money, it's free. We also have a computer lab.		
Silvia:	My father is very proud and can be a little (4) He may not want to do everything. He may not want to come at all		
Senior Center Coordinator:	Ana is a (5) Let's see what she suggests.		
In Ana's offic	ee Committee of the Com		
Ana:	Here's what I think People want to feel (6) — in charge of their lives. Seniors often feel like they are losing control.		
Silvia:	So what do you (7)? How can I (8) my father to come here?		
Ana:	Here's what I recommend: Don't try to convince him. It would be good if he could come to visit. He can make his own (9)		

Talking about Senior Centers Definitions II

Find the meaning. Follow the examples.

1. tenant	a City program that stops the rent
2. landlord	from going up
3. rent increase	someone who rents the place where he or she lives
4. rent freeze	the owner of a place for rent
rent-regulated apartment	an apartment with rules and regulations controlled by the City
·	or State
The ABC's of Housing	when the rent goes up

6. tei	nant rights		a physical or mental condition that
7. eli	gible		limits the ability to do some things
20 011	91.5.0		to see someone and know who it is
8. dis	sability		
0 40		6	the rights of tenants; things tenants
9. red	cognize		can do or are entitled to by law
			when you can get something;
			when you satisfy the rules to get
			something

Talking About Tenant Rights Dialogue II

Complete the sentences. Follow the example.

te	landlord • rent increase • rights • eligible nant rights • disabilities • Tenants • rent freeze			
Ana:	Tenant rights are the rights of people who rent apartments from landlords.			
Mrs. Belkina:	What (1) rights do tenants have, Ana?			
Ana:	(2) have the right to hot water, a building in good condition and other rights. Here This booklet has good information about (3)			
Mrs. Belkina:	Oh, it's in Russian!			
Ana:	It comes in other languages too.			
Mrs. Belkina:	What about this letter I got? It says I have to leave if I don't pay a big (4)			
Ana:	The (5) can't just push you out. I will help. Mrs. Belkina, if you live in a rent-regulated apartment, you may be (6) to get a (7)			
Mrs. Belkina:	That's when they stop rent from going up for seniors.			
Ana:	And people with (8) too.			

Good Question!

You go to a benefits clinic at a senior center.

Ana is giving information about services.

Luis is there. Mrs. Belkina is there. You are there!

You ask good questions. Follow the example.



Am I eligible for a rent freeze?

How can my friend find out about in-home services?

What are some different kinds of services for seniors in New York City?

There is no heat in my apartment. What can I do?

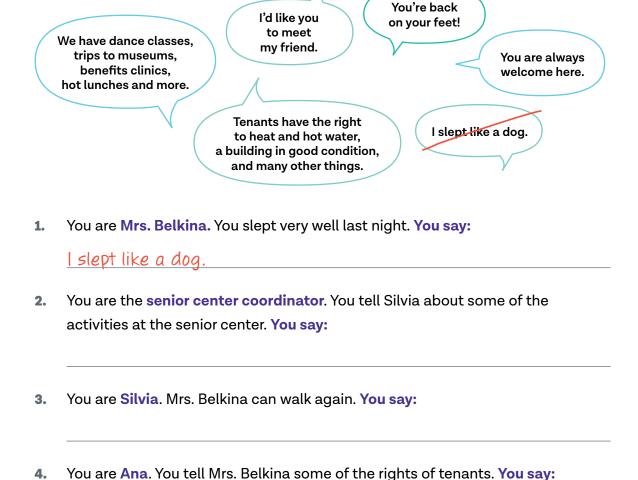
1. You want to know if you can get a rent freeze. You ask Ana:

Am I eligible for a rent freeze?

- 2. You want to find out about health care, food programs, help with transportation and other kinds of services for seniors. You ask Ana:
- 3. Ana says that people who are not able to leave their homes may be able to receive *in-home* services. You ask Ana:
- 4. Your apartment is very cold. You tell Ana and you ask her:

What Can You Say?

Choose the best words. Follow the example.



5. You are Luis. You want to introduce Mrs. Belkina to your daughter, Silvia. You say:

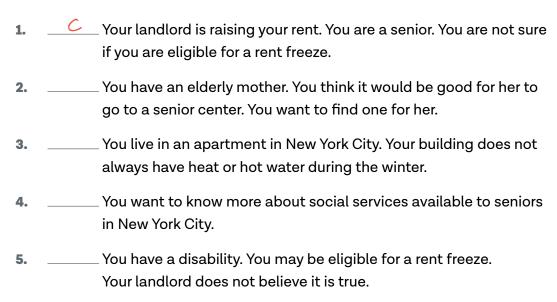
You are Rolando. You want Mrs. Belkina to know that she can visit any time. 6. You say:

4.

What Can You Do?

Match the problem with the solution. Follow the example.

Problem



Solution

- A. There are many services that you may be eligible for. Go to the Services page of the website of the Department for the Aging (DFTA) to get good information: https://www1.nyc.gov/site/dfta/services/find-help.page. You can also visit a senior center and find out from friendly people there.
- B. You have the right to heat and hot water. If you are not getting it, call 311 and file a complaint. You can do it on the phone. You can also make a complaint with 311 online: nyc.gov/311
- If you live in a rent-regulated apartment, you may be eligible for a rent freeze.
 To find out if you are eligible, you can

- call 311, or you can go to this webpage: https://www1.nyc.gov/site/rentfreeze/tools/rent-freeze-qualifier-tool.page
- D. Great idea! Senior centers have so many activities for seniors. To find a senior center near your mother, call 311. You can also go to this web address to find a senior center close to her home: https://www1.nyc.gov/site/dfta/services/senior-centers.page
- E. Call 311 to find out if you may be eligible for a rent freeze. If you are eligible the landlord must follow the rules and give you the rent freeze. Call 311 if you have a problem.

Watch the Show Who says it?

Watch Making New Friends. Listen carefully. Find out who says these lines.













Luis

Silvia

Ana

Mrs. Belkina

Lionel

Rolando

		Who says it?
1.	"I didn't say you have to go there. Don't go there!"	
2.	"I can take care of myself. This is not my first day of school."	
3.	"Those social workers are great. I want to go back there."	
4.	"It's for seniors like me who live in rent-regulated apartments and don't have a lot of money."	
5.	"I will help you make an appointment to speak with a housing lawyer for free to look into your situation. We will work on this together."	
6.	"What time did Luis say he's coming home?"	
7.	"That's great. He's making new friends."	
8.	"You can learn about many services at the ACCESS NYC website."	
9.	"You're too old to sleep on the sofa."	

Watch the Show What's going on?

What do you think is going on in this picture?



Watch We Speak NYC • Making New Friends
to find out what is going on.
Go to www.nyc.gov/WeSpeakNYC

WE SPEAK NYC • SEASON 2 MAKING NEW FRIENDS • 26

Tell the Story

Use these words to tell a friend about Making New Friends.



1.	Find the name of the social
	worker at the senior center.

4.	Find the rights of a persor
	who rents.

(two words)

2.	Find	the	names	of two	dogs.
----	------	-----	-------	--------	-------

(1110 110140,					

3. Find the food that Mrs. Belkina

5 .	Find a solution to a rent increase
	for some seniors and people
	with disabilities who live in
	rent-regulated apartments.
	(two words)

Word picture: www.wordle.net/

cooks for Luis.

What You Can Do To Find Help for Seniors

Luis

There are nearly 250
senior centers in NYC.
Membership is free and
open to anyone age 60 or
older. Find a center near you by
calling 311 or going to this website:
http://www1.nyc.gov/site/dfta/services/
senior-centers.page



Senior Center Coordinator

The New York City
Department for the Aging
(DFTA) has many services
for seniors. Go to this DFTA

webpage to find out about services: www1.nyc.gov/site/dfta/services/find-help.page. You can also visit a senior center to get good information.

Ana

Access NYC is a free online service where you can see if you are eligible for benefits for more than 30 programs.



Umme

The Bill Payer Program can find a volunteer to help you with organizing your bills,

budgeting your money, and balancing your checkbook. **Call 311** to find out more.

Silvia

If you are caring for an older adult, you can find a caregiver program near you. Contact the Caregiver Resource Center at http://www1.nyc.gov/site/dfta/caregivers/caring-for-adults.page

And if you are concerned that your parent (or another family member) is not able to take care of him or herself, **call 311**. Say, "I want information about case management services through DFTA."

Rolando

The Senior Community
Service Employment
Program helps adults
over 55 find jobs. For more
information, call 212-6026958 or 311 and ask for senior
employment service.
http://www1.nyc.gov/
site/dfta/services/senior-



Mrs. Belkina

employment.page

The Friendly Visiting
Program pairs older adults
with trained volunteers for
in-home visits. No one has to
be home alone. **Call 311** for information.

Dictionary: Translations of Key Words

English	Español	中文
1. Access HRA	Acceso a la Administración de Recursos Humanos (Access HRA)	让你获取多语言的 服务信息并递交申请 的纽约市网站
2. DFTA (Department for the Aging)	DFTA (Department for the Aging) / Departamento para los Adultos Mayores (DFTA, según sus siglas en inglés)	老龄服务部 (DFTA)
3. disabilities	discapacidades	残疾
4. eligible	elegible, reunir los requisitos	符合条件
5. home health aide	asistente de salud en el hogar	家庭健康护理
6. landlord	propietario, casero	房东
7. rent freeze	congelación del alquiler	租金冻结
8. rent increase	aumento del alquiler	租金上涨
9. senior center	centro para adultos mayores	长者活动中心
10. social services	servicios sociales	社会服务
11. social worker	trabajador social	社工
12. tenant rights	derechos de los inquilinos	租户权利

Go to www.nyc.gov/WeSpeakNYC to learn more.

Русский	বাংলা	العربية
портал Access HRA (веб- сайт для доступа к льготным программам Управления трудовых ресурсов Нью-Йорка (HRA))	Access HRA হল একটি ওয়েবসাইট যা আপনাকে তথ্য পেতে এবং মানব সম্পদ পরিচালনার (Human Resources Administration, HRA)-এর মাধ্যমে প্রদান করা বেনিফিট কর্মসূচিগুলির জন্য আবেদন করতে সাহায্য করে।	Access HRA (موقع على الويب يتيح لك الحصول على معلومات والتسجيل في برامج المزايا المقدمة من إدارة الموارد البشرية)
DFTA (Управление по делам пожилых людей)	DFTA (প্রবীণ মানুষদের জন্য বিভাগ (Department for the Aging))	إدارة رعاية المسنين (DFTA)
нарушения здоровья, инвалидность	অক্ষমতা	ذوو الاحتياجات الخاصة
отвечающий требованиям	যোগ্য	مؤهل
сотрудник по оказанию медико-социальной помощи на дому	গৃহ স্বাস্থ্য সহায়ক	مساعد صحي منزلي
арендодатель	বাড়িওয়ালা	नापा
замораживание арендной платы	<u> </u>	تجميد الإيجار
повышение арендной платы	ভাড়া বৃদ্ধি	زيادة الإيجار
центр для пожилых людей	সিনিয়র (সন্টার	مركز كبار السن
социальные услуги	সামাজিক পরিষেবা	الخدمات الاجتماعية
социальный работник	সমাজ কর্মী	مرشد اجتماعي
права жильцов-арендаторов	ভাড়াটের অধিকার	حقوق المستأجر

WE SPEAK NYC • SEASON 2 MAKING NEW FRIENDS • 30

What You Can Do To Get Help with Housing

- Seniors in New York City 60 years and older can get free legal assistance for housing issues. Call 311 and ask for a referral.
- Access NYC can help you find benefits. If you or a senior have a disability and live in a rent-regulated apartment, ask about a rent freeze.
- You have a right to heat and hot water. If you can't solve a housing problem with your landlord, call 311 for help. "The ABC's of Housing" is a guide to all your rights as a tenant. It's available in many languages.
- You can search and apply for affordable housing at "NYC Housing Connect." You can get help with buying a new home too.
- ✓ There are many housing options for seniors who need care and for seniors who are low-income. Call 311 for information about nursing homes, adult homes, assisted living, and other options.
- Discrimination is illegal. All New Yorkers have the right to housing. If you have a question about housing discrimination, or, if you want to attend a free workshop on the NYC Human Rights Law, call 311 and ask for the NYC Commission on Human Rights.

Animals need homes too. The Animal Care Centers of NYC can help when you need help keeping a pet in your home or finding a lost or new pet.



Visit the We Speak NYC website.

- Read the Study Guides.
- Practice your English.
- Watch videos of all the episodes.
- Read about your favorite characters!

www.nyc.gov/WeSpeakNYC

Answers

Who We Are

- 1. Luis
- 2. Mrs. Belkina
- 3. Silvia
- 4. Rolando
- 5. Lionel
- 6. social worker
- 7. senior center coordinator
- 8. Umme
- 9. Boby

What Happens?

- 1. worried, suggests, decides
- 2. meets, doesn't
- 3. show tell
- 4. increase
- 5. speaks, learns
- 6. watch
- 7. invites, meet
- 8. surprised
- 9. hold

Where Is It?

- 1. pages 1, 5, 12
- 2. pages 2, 11
- 3. pages 2, 9
- 4. page 3
- 5. pages 4, 8
- 6. page 7
- 7. page 9
- 8. page 10
- 9. page 11
- 10. page 11

Talking about Senior Centers: Definitions I

- 1. worried
- a community center for seniors with many activities to stay healthy, learn about services, and have fun
- 3. someone who organizes (coordinates) things
- 4. City services and other programs that help people
- 5. not wanting to change your mind or behavior
- a professional trained to help people with various kinds of difficulties in their lives
- 7. recommend; give an idea about what to do

- 8. in charge; able to do what you want to do
- persuade someone to do something or believe something
- 10. a choice you make after thinking about the options

Talking about Senior Centers: Dialogue I

- 1. activities
- 2. social services
- 3. lunches
- 4. stubborn
- 5. social worker
- 6. in control
- 7. suggest
- 8. convince
- 9. decision

Talking about Tenant Rights: Definitions II

- 1. someone who rents the place where he or she lives
- 2. the owner of a place for rent
- 3. when the rent goes up
- 4. a City program that stops the rent from going up
- 5. an apartment with rules and regulations controlled by the City or State
- 6. the rights of tenants; things tenants can do or are entitled to by law
- when you can get something; when you satisfy the rules to get something
- 8. a physical or mental condition that limits the ability to do some things
- 9. to see someone and know who it is

Talking about Tenant Rights: Dialogue II

- 1. rights
- 2. Tenants
- 3. tenant rights
- 4. rent increase
- 5. landlord
- 6. eliaible
- 7. rent freeze
- 8. disabilities

Good Question!

- 1. Am I eligible for a rent freeze?
- 2. What are some different kinds of services for seniors in New York City?
- 3. How can my friend find out about in-home services?
- 4. There is no heat in my apartment. What can I do?

What Can You Say?

- 1. I slept like a dog.
- We have dance classes, trips to museums, benefits clinics, hot lunches and more.
- 3. You're back on your feet!
- 4. Tenants have the right to heat and hot water, a building in good conditions, and many other things.
- 5. I'd like you to meet my friend.
- 6. You are always welcome here.

What Can You Do?

- 1. C
- 2. D
- B
 A
- 5. E

Watch the Show: Who says it?

- 1. Silvia
- 2. Luis
- 3. Mrs. Belkina
- 4. Mrs. Belkina
- 5. Ana
- 6. Rolando
- 7. Lionel
- 8. Ana
- 9. Silvia

Tell the Story

- 1. Ana
- 2. Boby, Bobik
- 3. vareniki
- 4. tenant rights
- 5. rent freeze

Watch Read Learn

www.nyc.gov/WeSpeakNYC







