



THE GEMS

Cav. PETER CARDELLA

C E N T E R

SERVING SINCE 1974

68-52 Fresh Pond Road
Ridgewood, N.Y. 11385
718-497-2908 / 718-497-2589 HMDL
OPEN 8 A.M. - 4 P.M.

BARBARA TOSCANO, EXECUTIVE DIRECTOR

NEWSLETTER

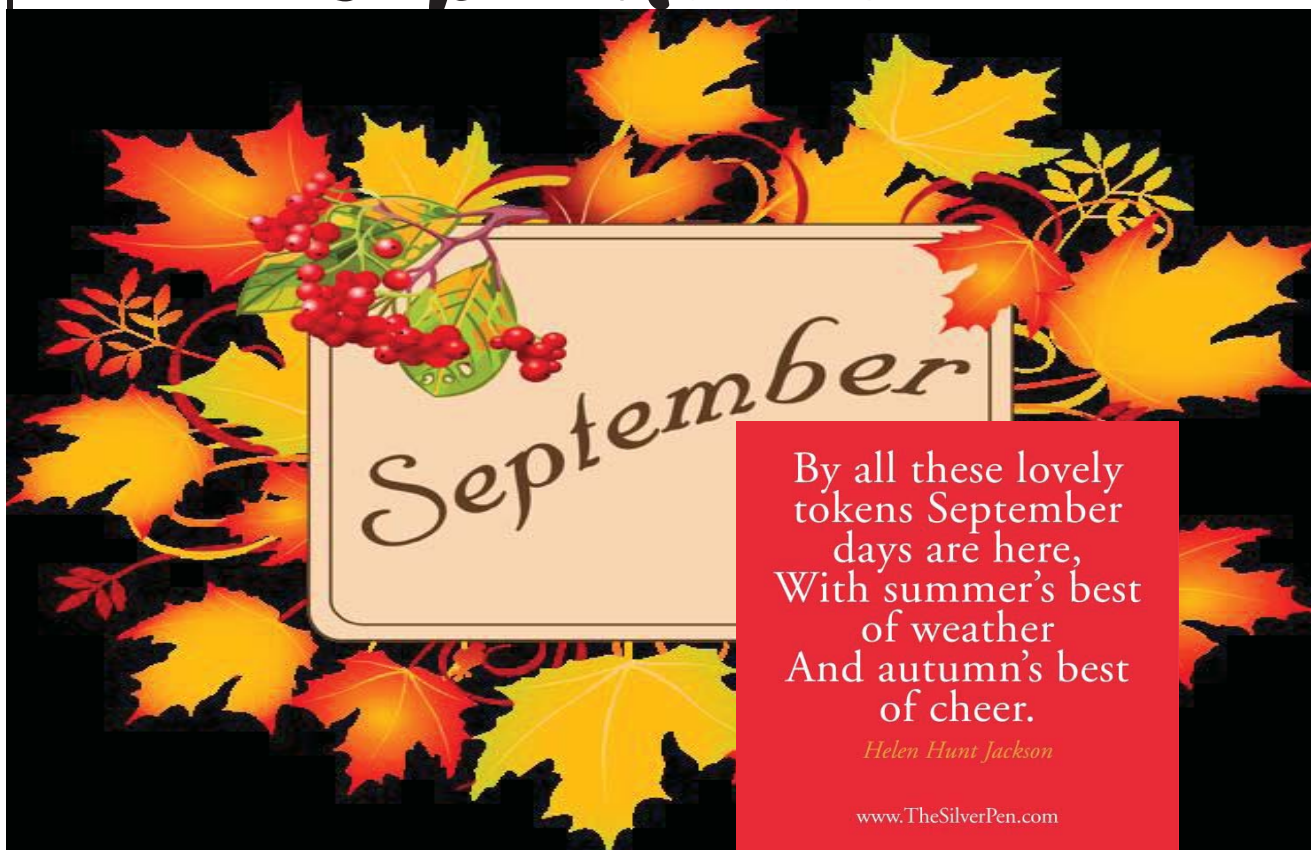
TONI-ANN GRANDE, CHAIRWOMAN
IGNATIUS GRANDE, SECRETARY
FRANK GIARAMITA, VICE CHAIRMAN
JOHN CHRIST, TREASURER



www.cardellaseniors.org

Center funded under contract with the NYC Department For The Aging, NY State Office for the Aging,
City Council, Borough President's Office and City Meals-On-Wheels

September 2015



By all these lovely
tokens September
days are here,
With summer's best
of weather
And autumn's best
of cheer.

Helen Hunt Jackson

www.TheSilverPen.com

BOARD OF DIRECTORS:

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PROGRAM ASSISTANT / CASE ASSISTANT

JOSEPHINE SPATOLA - TEL. # 718-497-2908

MEALS ON WHEELS COORDINATOR

MELISSA LANSPERY - Tel. # 718-497-2589

CHEF - ENZA BACILE

ASSISTANT COOK - GUISEPPINA TARDUGNO

KITCHEN AIDES - TINA DIBENEDETTO & CONNIE VENEZIA

CUSTODIANS - PAOLA BOMMARITO & ENZA TRAPANI

DRIVER - PIETRO ROPPOLO**F.R.I.E.N.D.S. PROGRAM**

GLORIA VARGAS - ASL INTERPRETER

* **THE DUTIES OF THE ADVISORY BOARD ARE:** TO TAKE COMPLAINTS AND SUGGESTIONS FROM THE GENERAL MEMBERSHIP OF THE CENTER AND ACT AS MEDIATORS BETWEEN SENIORS AND BOARD OF DIRECTORS.



AUGUST BIRTHDAYS

Rosemarie Cores
 Giuseppina Vecchio
 Josephine Helfrich
 Sandy Scheidling
 Josephine D'Ambrosio
 Anna Muryn
 Serafino Paradiso
 Roseann Mako
 Maria Balan
 Joe Renz

Maria Rodriguez
 Helen Walter
 Wanda Wong
 Anna Abbruzzese
 Jen Schneider
 mary Baccarella
 Phil Scalcione
 Marion Lacko



THE GEMS

PROPOSED MENU FOR THE MONTH OF

September 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Aug Roast Loin of Pork Mashed Potatoes Steamed Cabbage Apple	1 Breaded Herb Chicken Roasted Potatoes Steamed Spinach Blueberries	2 Meatloaf with Gravy Egg Noodles Steamed Peas/Carrots Canned Mandarines	3 Hod Dog w/bun and BBQ Chicken Potato Salad, Black Watermelon/Ice Cream Orange Juice	4 Pasta with Meat Sauce Steamed Broccoli Cantaloupe Strawberries
AARP Class Crochet Class Bingo	Music by Emilio	Yoga Bingo Movie	Labor Day party!!!	Oil Painting Exercise Bingo
Labor Day The center will be closed today.	8 Meatloaf with Gravy Green Bean Saute Mashed Potatoes Cantaloupe	9 Tuna Fish Salad Macaroni Salad Beet Salad Orange	10 Italian Roast Chicken Baked Potato in Skin Steamed Broccoli Orange Juice	11 Baked Talapia Cous Cous California Blend Vegetables Blueberries
	Music by Walter Budgeting with Councilwoman Elizabeth Crowley	Bingo Yoga Movie	Music by Rich Sing-a-Long Blood Pressure	9/11 Ceremony Exercise Oil Painting Bingo
14 Chicken in Sweet and Sour Sauce White Rice Stir fry Kale and Broccoli Orange	15 Baked Fish Roasted Potatoes Steamed Broccoli Orange Pineapple Juice	16 Chicken Cutlet Baked Sweet Potato Steamed Kale Nectarine	17 Western Party Roast Beef Dinner Roll/Baked Potato Baked Beans/Spinach Apple Pie A La Mode	18 Baked Breaded Pork Chops Mashed Potatoes Steamed Cabbage Unsweetened Applesauce
Crochet Class Bingo AARP Safety Course	Music by Ray Reggio Caring Home Care Pres.	Memory Loss Presentation Yoga/Movie Bingo	Music by Emilio Hawaiian Party/Singing Blood Pressure Flu Shot	Oil Painting Exercise Bingo
21 Chicken Noodle Soup Chicken Cutlet Corn/Steamed Orange	22 Roast Beef Mashed Potatoes Steamed Green Apple	23 Baked Ziti with Cheese Steamed Broccoli Tossed Salad Oven- Ready Fries	24 Roasted Chicken Yellow Rice Sauteed Zucchini Cantaloupe	25 Baked Tilapia Pasta with Garlic & Mixed Green Salad Canned Pineapple
Crochet Class Bingo	Music by Emilio Fall Prevention Pres.	Yoga Bingo/Movie Medicare Presentation	Music by Emilio Birthday Party Metro Card Outreach Blood Pressure	Oil Painting Exercise Bingo
28 Roast Loin of Pork Mashed Potatoes Steamed Cabbage Apple	29 Baked Breaded Pork Pasta Fagioli Mixed Green Salad Apple Juice	30 Homemade Breaded Fish Roasted Sweet Potatoes Steamed Peas/Carrots Orange	 	
Crochet Class Bingo	Music by Ray Reggio MLTC Pres.	Bingo Yoga		

THE GEMS

EVENTS

September 8th- Budgeting with Council Woman
Elizabeth Crowley; 9/11 Ceremony-Friday,
September 11th & AARP Safety Course-September
14th

TRIPS

Tentative trips to Trader Joe's,
Macy's, & Atlas Park Mall

SEPTEMBER 13TH: GRANDPARENTS DAY

A day for young and old to honor each other, and an opportunity for civic
engagement for all generations.



HISTORICAL DATES IN SEPTEMBER

On September 1st, Boxing champ Rocky Marciano (1923-1969) was born in Brockton, Massachusetts (as Rocco Francis Marchegiano). He fought Jersey Joe Walcott for the heavyweight title on September 23, 1952, and knocked him out. In 1956, he retired as the only undefeated heavyweight champion. He died in a plane crash in 1969.

On September 3, 1783 - End of the Revolutionary War

September 16, 1620 - The Mayflower ship departed from England, bound for America with 102 passengers and a small crew. The ship weathered dangerous Atlantic storms and reached Provincetown, Massachusetts on November 21st.

On September 18th Movie actress Greta Garbo (1905-1990) was born in Stockholm, Sweden (as Greta Lovisa Gustafsson).

On September 18, 1810 - Chile declared its independence from Spain after 269 years as a colony.

On September 29, 1789 - Congress created the United States Army, consisting of 1,000 enlisted men and officers.



A Senior's Wish

I live alone, dear Lord stay by my side
In daily errands be my guide
Please grant me good health
I pray to carry on from day to day
Keep me good in deeds
perhaps help a friend if she needs
When I am low or in despair
Help me to say a prayer
that you will always be near.
by E. Scheidling



PETER CARDELLA SENIOR CENTER MOMENTS

Phil's 80th Birthday!



Art Show



LEARN ASL WITH US!

Come and join us to learn
how to communicate in
American Sign Language with
the Deaf. Sign up for classes
with Gloria Vargas, our ASL
interpreter.



THE GEMS

PRESENTATIONS

September 15 Caring Home Care Pres.

September 16 Memory Loss

October 6 AARP Safety Course

Please Remember the Peter Cardella

Senior Citizen Center in your will!

The Peter Cardella Senior Citizen Center has surely done a great deal to improve the quality of life for hundreds of senior citizens. Please remember the Center in your will so that we can continue to provide important services to others in our community.

****See the menu page for more activities****



September IS...



National Leukemia, Ovarian and Lymphoma Awareness Month

As the month of September brings leukemia and lymphoma into focus, it's time to increase public understanding of these diseases, including their prevalence, approaches to screening and prevention, treatment options, and resources that offer updated leukemia and lymphoma information throughout the year.

- Don't be surprised by the teal ribbons that start appearing on neighborhood fences, front porches, mailboxes, lampposts, trees, cars and businesses all over the borough during September. They are to raise awareness about Ovarian Cancer.

Dealing with Autumn Allergies

It's fall, and the blooms of summer have faded. So how come you're still sneezing? Fall allergy triggers are different, but they can cause just as many symptoms as you have in spring and summer. Ragweed, Mold, and Dust Mites can trigger fall allergies.



Filter the Air

Keeping indoor air free of your allergy triggers can help ease nasal symptoms. Installing special air filters and air conditioning systems can remove 90% to 95% of particles from your indoor air.

Each time you walk into your home, you bring small pieces of the outside in.

After being outdoors, your clothes, shoes, hair, and skin are covered with tiny particles from everywhere you've been. Taking a shower and changing your clothes will help wash away any allergens.

Eat a Healthy Diet

One study found that people who ate a diet rich in fresh vegetables, fruits, and nuts -- particularly grapes, apples, oranges, and tomatoes -- had fewer allergy symptoms.

Drink More Fluids

If you're feeling congested or have postnasal drip from your allergies, try drinking more water, juice, or other fluids. Try drinking water, tea, juice, and making soup!

Congratulations! Your Senior Center Director, Barbara Toscano, is being honored by Italian Charities of America as "Woman of the Year" on October 18th, 2015!

THE GEMS

Donations

Vincenza (Jean) Mastrangelo 100.00

Yolanda Villanyi 25.00

PETER CARDELLA SENIOR CENTER IS AN OFFICIAL HIICAP SITE

We offer accurate and objective information, counseling, and assistance on private health insurance, Medicare, & related health coverage plans.

Come see Josephine for free expert advice!

AARP DEFENSIVE DRIVING

Register *in person only* at
Peter Cardella Senior Citizen Center
Sorry, **no phone reservation accepted.**

October 6

\$20.00 for AARP Members

\$25.00 for Non Members

CHECKS ONLY, NO CASH, NO REFUNDS!

MEALS ON WHEELS

The Peter Cardella Senior Center offers Meals-on-Wheels to home bound seniors. A client must be a New York City resident, 60 years of age or older, able to live safely at home if services are provided, unable to attend a congregate meals site unattended, and unable to prepare meals because of incapacity, or lack of cooking facility, or inability to cook for self, or financial hardship, or specific dietary considerations that the senior cannot meet on their own.

If you know anyone interested in this service and who meets these qualifications, please refer them to us!



In Loving Memory

Ciro LoCascio

Vincenzo Locascio

Norbert Konitzer



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JOSEPH P. ADDABBO, JR.
SENATOR
15TH DISTRICT

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