



# ***THE GEMS***

**Cav. PETER CARDELLA**

**CENTER**

**SERVING SINCE 1974**

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## ***NEWSLETTER***

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**FRANK GIARAMITA, VICE CHAIRMAN**

**JOHN CHRIST, TREASURER**

**BARBARA TOSCANO, EXECUTIVE DIRECTOR**

**[www.cardellaseniors.org](http://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**

**JULY 2018**



**As summer is approaching, don't forget Peter Cardella is a DFTA funded cooling center.**

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GLENDA ALBAN - Tel. # 718-497-2589

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**KITCHEN AIDES** - TINA DIBENEDETTO & HIPATIA SALGADO

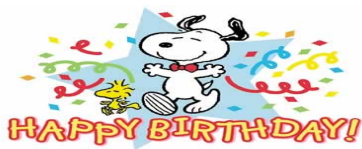
**CUSTODIANS** - PAOLA BOMMARITO & ENZA TRAPANI

**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.



## June Birthdays



Francesca Mannino  
Joan Taurangeau  
Tanya Benes  
Shukam Yang  
Nicolena Geraci  
Olga Schutte  
Maria Musca  
Giovanna Pullara  
Giuseppa Pecoraro  
Erna Kresnik  
Jane Addario  
Vito Favuzza  
Hyu Egi  
Ivonk Donaski  
Mary Cifaldi  
M. Piazza  
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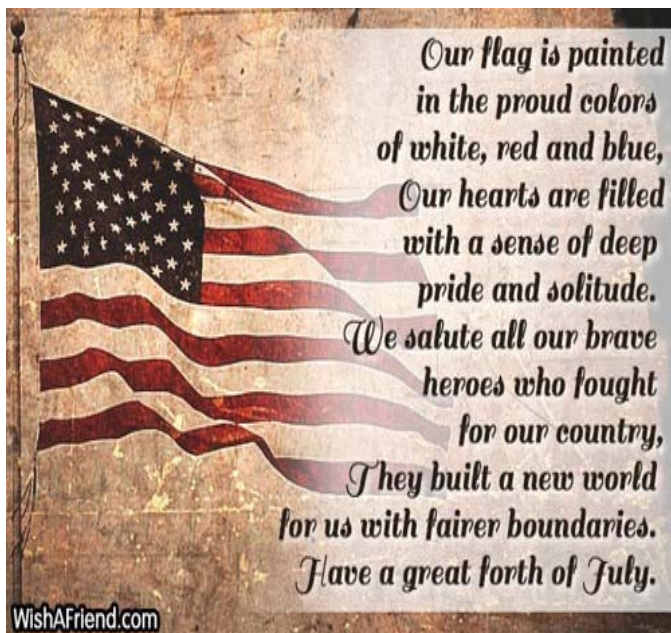


# THE GEMS

## EVENTS

July 3rd: Fourth of July Party  
July 4th: CLOSED for Fourth of July  
July 18th: Trip to Yonkers  
July 19th: Beach Party  
July 26th: Birthday Party

**Independence Day**, also referred to as the Fourth of July or July Fourth, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776. The Continental Congress declared that the thirteen American colonies regarded themselves as a new nation, the United States of America, and were no longer part of the British Empire. The Congress actually voted to declare independence two days earlier, on July 2.



Senior Appreciation Day

**Bastille Day** is the common name given in English-speaking countries/lands to the French National Day, which is celebrated on the 14th of July each year. The French National Day is the anniversary of Storming of the Bastille on 14 July 1789, a turning point of the French Revolution, as well as the Fête de la Fédération which celebrated the unity of the French people on 14 July 1790.



**National Ice Cream Day** is observed each year on the 3rd Sunday in July and is a part of National Ice Cream Month. This day is a fun celebration enjoyed with a bowl, cup or cone filled with your favorite flavor of ice cream.



# THE GEMS

## PROPOSED MENU FOR THE MONTH OF

# July, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2-Jul</b> Chicken Marsala Yellow Rice Mixed Vegetables Cantaloupe	<b>3-Jul</b> Hamburger+Hot Dog Potato Salad Cole Slaw Mini Corn on Cob Watermelon+Ice Cream	<b>4-Jul</b> <b>CLOSED</b> <b>FOURTH</b> <b>OF</b> <b>JULY</b>	<b>5-Jul</b> Pork Loin Mashed Potatoes Cabbage Applesauce	<b>6-Jul</b> Baked Ziti w/ Ricotta Garden Salad Broccoli Banana
Meditation Class Crochet Class Bingo-Movie	<b>Fourth of July Party</b> Sing-a-Long Music by Emilio		Blood Pressure Sing-A-Long Music by Rich	Oil Painting Exercise Bingo
<b>9-Jul</b> Roast Chicken Brussel Sprouts Roasted Potatoes Orange	<b>10-Jul</b> Meatballs Pasta Italian Vegetables Green Salad Cantaloupe	<b>11-Jul</b> Breaded Pollock Rice w/ Veggies Garden Salad Broccoli & Cauliflower Banana	<b>12-Jul</b> Chicken Cutlet Mashed Potatoes Peas and Carrots Honeydew	<b>13-Jul</b> Tuna Salad Pasta Salad Beet Salad Pineapple
Meditation Class Crochet Class Bingo	Sing-A-Long Music by Ray Reggio Medicare Pres. by Blue Cross Blue Shield	Yoga- Eating Healthy Support Group Bingo Matter of Balance	Blood Pressure Sing-A-Long Music by Rich	Oil Painting Exercise Bingo Homecare Pres.
<b>16-Jul</b> Pork Loin Mashed Potatoes Cabbage Apple	<b>17-Jul</b> Meatloaf w/ Gravy Green Salad Cauliflower Peas and Carrots Honeydew	<b>18-Jul</b> Roast Beef w/ Gravy Mashed Potatoes Green Beans Cantaloupe	<b>19-Jul</b> BBQ Chicken Oven Fries & Coleslaw Garden Salad Lemonade Drink+Watermelon Ice Cream Sundae	<b>20-Jul</b> Eggplant Parmesan Pasta Salad Broccoli Blueberries or Strawberries
Meditation Class Crochet Class Bingo	Sing-A-Long Music by Emilio Manage Long Term Care Pres. By SWH Painting Class	Yoga Eating Healthy Support Group Movie-Bingo Trip to Yonkers	Blood Pressure Sing-A-Long Music by Ray Reggio <b>Beach Party</b>	Oil Painting Exercise Bingo
<b>23-Jul</b> Ham Sandwich Apple and Beet salad Oven Fries Banana Orange Juice	<b>24-Jul</b> Lemon Chicken Spinach Yellow Rice Cantaloupe	<b>25-Jul</b> Tuna Salad Green Bean Salad Pasta Salad Orange	<b>26-Jul</b> Roast Chicken Baked Potatoes Broccoli Birthday Cake	<b>27-Jul</b> Fish w/ Garlic Sauce Pasta w/ peas California Veggies Plum
Meditation Class Crochet Class Bingo	Sing-A-Long Music by Emilio Home Care Pres.	Yoga Eating Healthy Support Group Movie-Bingo Matter of Balance	Blood Pressure Sing-A-Long Music by Rich <b>Birthday Party</b> Metrocard Outreach	Oil Painting Exercise Bingo
<b>30-Jul</b> BBQ Chicken Yellow rice Spinach Orange	<b>31-Jul</b> Pork Loin Mashed Potatoes Cabbage Apple	   Lunch is served Mon-Fri at Noon.  All Meals are served with whole wheat bread, 1% low fat milk, and margarine.    		
Meditation Class Crochet Class Bingo	Sing-A-Long Music by Ray Reggio Home Care Pres.			

# THE GEMS

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



**\*\*Please see the menu pages for more activities\*\***



## Health Awareness in July

### July is Social Wellness Month

We all hear about eating right and exercising as ways to stay healthy but there is so much more to our overall health. July is Social Wellness Month and we could all take the time to focus on our social connections and interactions. With more people living alone, especially seniors, it is critical that we are prioritizing our social health as well as our physical health. We know from extensive research that individuals isolated from society are more susceptible to illness and have a higher level of stress and anxiety. However people who maintain their social network and look to a support system for help are physically and mentally healthier. Here are some tips:

- **Talk to a friend**
- **Volunteer somewhere special:** Take the time to serve others, it has been proven to also improve your well being
- **Find others who share a hobby**

### What is Hepatitis?

The word 'hepatitis' means inflammation of the liver. Toxins, certain drugs, heavy alcohol use, bacterial and viral infections can all cause hepatitis.

### What is Viral Hepatitis?

Viral hepatitis is the inflammation of the liver caused by a virus. In the US, the most common types of viral hepatitis are Hepatitis A, Hepatitis B and Hepatitis C. Up to 5.3 million Americans have chronic Hepatitis B or Hepatitis C infection. About 75% of the infected population are unaware that they are even infected.

### Hepatitis A (HAV)

A vaccine is available for Hepatitis A.

### Hepatitis B (HBV)

About 1.2 million people are living with chronic Hepatitis B. HBV is spread through blood and body fluids.

### Hepatitis C (HCV)

If left untreated, Hepatitis C can be life threatening. Learn about risk factors, symptoms and treatment options and enroll in the ALF's Hep C 123 program.



### Below are 10 tips to help you stay safe (and cool) in the hot weather

- 1 Avoid Heat Stroke**  
Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.
- 2 Stay Hydrated**  
Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.
- 3 Drink Plenty of Water**  
Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).
- 4 Manage Caffeine Intake**  
Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water. A good rule of thumb is at least a glass of water for each caffeinated beverage.
- 5 Exercise Smart**  
Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).
- 6 Plan Your Exercise Time**  
If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.
- 7 Keep Cool Inside**  
Close blinds and curtains to help keep the heat out of your home during daytime hours.
- 8 Stay Cool**  
If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches—investing in one good night's sleep can be the respite you need to beat the heat.
- 9 Apply Sunblock**  
When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: [Click Here](#).
- 10 Cool Down**  
Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.



# THE GEMS

## Donations

### In Loving Memory

Elizabeth Donegan

Memi Wildgruber



## 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!**

## 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 this qualifications, please refer them to us!

Referrals and information available in our office! Stop in if you have questions regarding entitlements, benefits, or resources!



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