



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

THE GEMS

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

May 2016



A May Promise
by E. Scheroling
She's always there to guide
Happy when she's at your side
It's what a mother does
Always gives her undying love
And will always care for you
Even from above
A Blessed Mother's Day

BOARD OF DIRECTORS:

TONI-ANN GRANDE, CHAIRWOMAN
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BARBARA TOSCANO

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BARBARA SANTANA

ADMINISTRATIVE ASSISTANT

JEANNE BRESCIANI

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.**



April Birthdays



Happy Birthday!



Antonio Miele
 Florence Makarok
 Jack Lum
 Giovanna Lo Monte
 Diana Tonna
 Palma Liarda
 Victoria Perdomo
 Antonina Lo Faso
 Everlyn Dankecker



THE GEMS

PROPOSED MENU FOR THE MONTH OF

May, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-May Eggplant Parmesan Pasta Mixed Green Salad Tomato Sauce Honeydew	3 Chicken Cutlet Mashed Potatoes Steamed Green Beans Canaloupe	4 Tuna Fish Salad Pasta Salad Beet Salad Orange	5 Chicken Cutlet Parmigiana Pasta Broccoli Salad Fruit Tart Pastry	6 Baked Tilapia Cous Cous California Blend Vegetables Yogurt
Crochet Class Bingo	Music by Emilio	Trip to Arthur Ave Yoga Bingo	Music by Ray Reggio Mother's Day Party! Blood Pressure	Oil Painting Exercise Bingo
9 BBQ Chicken White Rice Steamed Broccoli Orange	10 Baked Turkey Breast Lettuce & Tomato Bean Salad & Potato Salad Canned Pinapple	11 Italian Roast Chicken Italian Blend Veges Red Bliss Potatoes Nectarine	12 Eggplant Parmesan Pasta & Tomato Sauce Mediterranean Salad Cantaloupe	13 Baked Breaded Pork Chops Mashed Potatoes Steamed Red or Green Cabbage Applesauce, Unsweetned
AARP Safety Course Crochet Class Bingo	Music by Walter	Yoga Bingo Tai-Chi Class	Music by Ray Reggio Blood Pressure Sing-A-Long Movie	Oil Painting Exercise Bingo
16 Turkey Loaf Mushroom Gravy Mashed Potatoes Mixed Vegetables Orange	17 Chicken Cutlet Corn Steamed Spinach Banana Orange Juice	18 Baked Breaded Pork Chops Pasta w/ Sweet Peas Mixed Green Salad Applesauce, Unsweetened	19 Roasted Beef Pot Roast w/Mushrooms Baked Potatoes Steamed Green Beans Birthday Cake	20 Baked Tilapia Pasta w/ Garlic and Oil Steamed Broccoli Canned Pineapple
Crochet Class Bingo	Music by Ray Reggio	Yoga Bingo Tai-Chi Class	Music by Emilio Blood Pressure Sing-A-Long/Movie Birthday Party!	Oil Painting Exercise
23 Chicken Cutlet Yellow Rice Mediterranean Salad Steamed Peas and Carrots Cantaloupe	24 Turkey with Gravy Baked Sweet Potato Sauteed Asparagus Fruit Cocktail	25 Eggplant Parmesan Pasta Sauteed Zucchini Tomato Sauce Kiwi	26 Hot Dog BBQ Chicken Potato Salad Corn Salsa Watermelon	27 Baked Ziti w/ Ricotta Garden Salad Steamed Broccoli Blueberries
Crochet Class Bingo	Music by Emilio Elderly Abuse Presentation	Yoga Sucasa Class Bingo Tai-Chi Class	Music by Ray Reggio Memorial Day Party! Sing-A-Long Blood Pressure MetroCard Outreach	Oil Painting Sucasa Class Exercise Bingo
Closed today in observance of Memorial Day 	31 Meatballs in Tomato Sauce Garlic Bread & Spaghetti Mixed Green Salad Italian Blend Vegetables Cantaloupe Music by Emilio Nursing Home Presentation by Meadow Park	Lunch is served Mon-Fri at Noon.  All Meals are served with whole wheat bread, milk, low fat, 1%, and margarine.		

THE GEMS

EVENTS

May 4th: Trip to Arthur Avenue
 May 5th: Mothers Day Party
 May 19th: Birthday Party
 May 24th: Elderly Abuse Presentation
 May 26th: Memorial Day Party
 May 31st: Nursing Home Presentation

*Art & Crafts: Wednesday & Friday, 10am-12pm
 *Whats in the Paper: Wednesday, 10am-11am
 *Computer Class: Wednesday, 1pm-2pm
 *Computer Lab: Wednesday & Friday: 2pm-3pm

TRIPS

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

AARP Defensive Driving Courses

May 9th, June 13th, & July 11th

9am-3pm

\$20.00 for AARP members

\$25.00 for non-members



A GARLAND FOR MAY DAY 1895
 DEDICATED TO THE WORKERS BY WALTER CRANE

May 1, celebrated in many countries as a traditional springtime festival or as an international day honoring workers. It is also a traditional spring holiday in many cultures. Dances, singing, and cake are usually part of the celebrations that the day includes.



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



Memorial Day is observed on Monday, May 30th. The Ridgewood Veterans Memorial Day Parade will be held the weekend of May 27th, 2016

Mother's Day is Sunday, May 8th.



Art Workshops Continue!
 Starting May 25th, Monday, Wednesday, and Friday



Cinco de Mayo is a celebration held on May 5th. The date is observed to commemorate the Mexican Army's victory over French forces at the Battle of Puebla on May 5, 1862. Cinco de Mayo traditions include parades, mariachi music performances and street festivals in cities and towns across Mexico and the United States.

LEARN ASL WITH US!



Please contact Gloria Vargas for more information!

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 community.

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

Health Awareness in May



New York City Road Runners stopped by our center last month and gave us some great walking tips and a great stretching guide. Stop by the office to get a guide to walking, nutrition, or stretching guide and stay tuned for more visits



MENTAL HEALTH AWARENESS MONTH



Each year millions of Americans face the reality of living with a mental health condition. During the month of May, participants across the country are bringing awareness to mental health. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger.

1 in 5 Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family and can do something to help others.

Practice Wellness.
Practice Patience.
Reduce stigma.

*See more at:
<https://www.nami.org/mentalhealthmonth>



Congratulations to the Chronic Disease Self Management Program Graduates! This evidence based program ran for 6 weeks; led by instructors from DFTA and

NATIONAL Physical Fitness & Sports MONTH

Why Be Physically Active?

- IMPROVE muscular and cardiovascular fitness
- ENHANCE bone and muscle health
- LOWER RISK of coronary heart disease, high blood pressure, stroke, diabetes, colon and breast cancer, and depression
- HELP MAINTAIN a healthy body weight

The Impact of Inactivity

physical inactivity can be attributed to:

- 21-25%** cases of BREAST AND COLON CANCERS
- 27%** cases of DIABETES
- 30%** cases of HEART DISEASE

what kind

Aerobic Exercise: any activity that makes you breathe harder and increases your heart rate

Strength Training: any activity that helps to increase muscle and bone strength

how much

Ages 18-64:

MODERATE ACTIVITY: 30+ minutes 5 days/week

OR VIGOROUS ACTIVITY: 25 minutes 3 days/week

Look for Opportunities to Add More Daily Physical Activity!

- Park at the back of the lot at work or when shopping
- Get off the bus or subway one stop early and walk
- Walk the golf course instead of using a cart
- Play outdoor games with your family or friends
- Do exercises during TV commercial breaks
- Start and end your day with stretching exercises

MediFit

SOURCES:
*10 Facts on Physical Activity, World Health Organization, 2014.
Available at http://www.who.int/dietphysicalactivity/physical_activity/en/. Accessed April 4, 2014.
*May Is Skin Cancer Action, President's Council on Physical Fitness and Sports, 2014.
Available at <http://www.pfcs.org/skin-cancer-action/>. Accessed April 4, 2014.
*What Is Moderate-Intensity and Vigorous-Intensity Physical Activity? World Health Organization, 2014.
Available at http://www.who.int/dietphysicalactivity/physical_activity/en/. Accessed April 4, 2014.

THE GEMS

Donations

Kenneth LaBarca- \$1,000.00
Marie Cardella- \$100.00 In Memory of Francine Cardella

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.**

May 9th, June 13th & July 11th, 2016

\$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

Mary Guido



NEW YORK
STATE
SENATE



JOSEPH P. ADDABBO, JR.
SENATOR
15TH DISTRICT

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**Bartlett
Dairy Inc.**



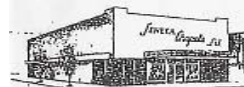
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WOMEN'S HEALTH
& MIDWIFERY**

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