



# ***THE GEMS***

**Cav. PETER CARDELLA**

**CENTER**

**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.

## ***NEWSLETTER***

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

BARBARA TOSCANO, EXECUTIVE DIRECTOR

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

## ***August 2015***

*"What good is the  
warmth of summer,  
without the cold of  
winter to give it  
sweetness..."*





**BOARD OF DIRECTORS:**

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

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GIOVANNI MISTRETТА

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BARBARA TOSCANO

**PROGRAM - DIRECTOR**

BARBARA SANTANA

**ADMINISTRATIVE ASSISTANT**

JEANNE BRESCIANI

**PROGRAM ASSISTANT / CASE ASSISTANT**

JOSEPHINE SPATOLA - TEL. # 718-497-2908

**MEALS ON WHEELS COORDINATOR**

JESSICA SUAZO - 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.

## JULY BIRTHDAYS

NINFA ADRAGNA  
ANA BECK  
MARIA D'ANGELO  
CELESTE FURCA  
ERNA MAYER  
W. MAYER  
MARGARET NEISS  
NINA ZAMBIASI





# THE GEMS

## PROPOSED MENU FOR THE MONTH OF

# AUGUST 2015



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <b>3</b><br>Sweet & Sour Chicken<br>White Rice<br>Kale & Broccoli<br>Orange<br><i>AARP Class</i><br><i>Crochet Class</i><br><i>Bingo</i> | <b>4</b><br>Baked Fish<br>Roasted Potatoes<br>Steamed Broccoli  | <b>5</b><br>Chicken Cutlet<br>Baked Sweet Potato<br>Kale<br>Nectarine   | <b>6</b><br>Stuffed Shells w/ Cheese<br>Mediterranean Salad<br>Three Bean Salad<br>Cantaloupe  | <b>7</b><br>Baked Breaded Pork chops<br>Mashed Potatoes<br>Steamed Cabbage<br>Applesauce  |
| <b>10</b><br>Turkey Loaf<br>Mashed Potatoes<br>Mixed Veggies<br>Orange<br><i>Crochet Class</i><br><i>Bingo</i>                           | <b>11</b><br>Chicken Cutlet<br>Corn<br>Steamed Spinach<br>Banana<br><i>Music by Walter</i><br><i>Manage Long Term Presentation by Senior Whole Health</i>   | <b>12</b><br>Breaded Pork Chops<br>Pasta Faggioli<br>Green Salad<br>Applesauce<br><i>Bingo</i><br><i>Yoga</i><br><i>Affinity</i><br><i>Medicare</i> | <b>13</b><br>Roasted Beef Pot Roast<br>Dinner Roll<br>Baked Potato<br>Green Beans<br><i>Music by Emilio</i><br><i>Sing-a-Long</i><br><i>Blood Pressure</i>   | <b>14</b><br>Baked Tilapia<br>Pasta w/ Garlic & Oil<br>Steamed Broccoli<br>Pineapple<br><i>Bingo</i><br><i>Oil Painting</i><br><i>Exercise</i>                      |
| <b>17</b><br>Chicken Cutlet<br>Pasta w/ Sweet Peas<br>Mediterranean Salad<br>Cantaloupe<br><i>Crochet Class</i><br><i>Bingo</i>          | <b>18</b><br>Turkey w/ Gravy<br>Baked Sweet Potato<br>Sautéed Asparagus<br>Fruit Cocktail<br><i>Music by Rich</i><br><i>Blue Cross Blue Shield</i><br><i>Medicare Pres.</i>   | <b>19</b><br>Eggplant Parmesan<br>Pasta w/ Marinara<br>Sautéed Zucchini<br>Kiwi<br><b>FREE BREAKFAST</b><br><i>Yoga</i><br><i>Bingo</i>             | <b>20</b><br><b>HAWAIIAN PARTY</b><br>Pork Loin<br>Yellow Rice<br>Broccoli & Carrots<br>Pineapple Cake<br><i>Music by Emilio</i><br><i>Hawaiian Party</i><br><i>Blood Pressure</i><br><i>Sing-a-Long</i> | <b>21</b><br>Stuffed Shells w/ Cheese<br>Garden Salad<br>Steamed Broccoli<br>Grapes<br><i>Oil Painting</i><br><i>Exercise</i><br><i>Bingo</i><br><i>Art Exhibit</i> |
| <b>24</b><br>Roasted Chicken<br>Lemon Garlic<br>Red Bliss Potatoes<br>Orange<br><i>Crochet Class</i><br><br><i>Bingo</i>                 | <b>25</b><br>Meatballs in Tomato<br>Garlic Bread<br>Spaghetti<br>Italian Blend Veggies<br><i>Music by Ray Reggio</i>  | <b>26</b><br>Baked Breaded Fish<br>Beet Salad<br>Coleslaw<br>Oven- Ready Fries<br><i>Yoga</i><br><br><i>Bingo</i>                                   | <b>27</b><br>Chicken Cutlet<br>Yellow Rice<br>Steamed Carrots<br>Birthday Cake<br><i>Music by Emilio</i><br><i>Birthday Cake</i><br><i>Metro Card Outreach</i><br><i>Blood Pressure</i>                  | <b>28</b><br>Pasta w/ Shrimp<br>Garden Salad<br>Steamed Cauliflower<br>Honeydew<br><i>Oil Painting</i><br><i>Exercise</i><br><br><i>Bingo</i>                       |
| <b>31</b><br>Roast Loin of Pork<br>Mashed Potatoes<br>Steamed Cabbage<br>Apple<br><i>Crochet Class</i><br><br><i>Bingo</i>               | <div>  <h3>Activities</h3> <ul style="list-style-type: none"> <li>Bingo - Mon., Wed., Fri. - 1:00 - 3:00 P.M.</li> <li>Blood Pressure - Thurs. - 10:30 - 11:30 A.M.</li> <li>Computer Class - Wed. - 1:30 - 2:30 P.M.</li> <li>Crochet Class - Mon. - 10:00 - 11:00 A.M.</li> <li>Dance - Tues. &amp; Thurs. - 1:00 - 3:00 P.M.</li> <li>Exercise - Fri. 10:30 A.M. - 11:30 A.M.</li> <li>Line Dancing - Tues. &amp; Thurs. 2:00 - 2:30 P.M.</li> </ul>   </div> |   |  |   |



# THE GEMS

## EVENTS

**THANKS TO HENRIETTA TAMBURELLO,  
THERE WILL BE FREE BREAKFAST SERVED  
ON AUGUST 19**

## AUGUST 26TH: WOMEN'S EQUALITY DAY

August 26 serves as a day to celebrate the day when women were officially granted the right to vote; the amendment became part of the US constitution in 1920. Women's Equality Day also commends the relentless work of brave women who worked exceedingly hard to gain equal rights for women.



## HISTORICAL DATES IN AUGUST

**On August 1, 1876**, Colorado, also known as the Centennial State, became the 38th state of the United States.



**On August 2, 1909**, the Lincoln penny was issued.



**On August 3, 1492**, Christopher Columbus set sail on his first voyage across the Atlantic.

**On August 12, 1877**, the phonograph was invented by Thomas Edison.



**On August 14, 1935**, President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65.

**On August 28, 1963**, The March on Washington occurred. More than 250,000 people attended a Civil Rights rally in Washington, D.C., at which Rev. Dr. Martin Luther King, Jr. made his famous 'I Have a Dream' speech.



## 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

David's Birthday



The D'Angelo's 50th Anniversary



## 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

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## PRESENTATIONS

August 5 Medicare

August 11 Senior Whole Health

August 12 Affinity

August 18 Blue Cross Blue Shield

## 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.



## AUGUST IS...

### National Immunization Awareness Month



National Immunization Awareness Month is a time to promote vaccines and remind loved ones to stay up to date on all of their shots. Immunization can help prevent dangerous and even deadly diseases. To stay protected against serious illnesses such as the flu, measles, and pneumonia, adults need to get their shots..

- Talk to your friends and family members about a common misconception; discuss how vaccines aren't just for children.
  - People of all ages can and are recommended to get shots to protect them from serious diseases.
- 

## Dealing with Inflammation

Excessive inflammation can often cause or lead to heart disease, diabetes, skin irritation, and pains. There are numerous factors that can cause serious inflammatory issues, such as: stress, lack of activity and hereditary reasons. A heavy diet of sugars and processed foods can also lead to chronic inflammation. Replace some products in your diet with anti-inflammatory foods.



### Eat Walnut and Berries Instead of Cereal

Whole-grain cereals are high in carbohydrates and can cause inflammatory blood sugar spikes. Walnuts are full of healthy, anti-inflammatory fats and berries are full of natural sugars

### Eat Greek Yogurt Instead of Eggs

Greek yogurt has less sugar than regular yogurt and twice the amount of protein. It can also help decrease surges of insulin that contribute to inflammation.

### Sweeten with Cinnamon Instead of Sugar

Cinnamon is a super-sweet spice that helps reduce inflammation. According to experts a quarter teaspoon per day is enough to see the benefits.

### Use Olive Oil Instead of Creamy Salad Dressing

Store-bought dressings are filled with inflammatory fats and sugars. Olive oil, on the other hand, is full of anti-inflammatory polyphenols. Dressing your salad with extra-virgin olive oil can reduce inflammation.

# THE GEMS

## Donations

Henrietta Tamburello  
\$5,000  
Sal & Marie D'Angelo  
\$750

## 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.**

**September 14**

\$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*

*of*

*Robert Kurtz*



## NEW YORK STATE SENATE



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